WHEATLESS AND MEATLESS DAYS

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WHEATLESS AND MEATLESS DAYS

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BY

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AND

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D. APPLETON AND COMPANY

NEW YORK LONDON

1918

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Elizabeth
Mar. 1, 1918
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Printed in the United States of America

DEDICATED

TO

THE AMERICAN SOLDIERS AND SAILORS

THIS IS WHAT THE FOOD ADMINISTRATOR URGES. IS THIS LITTLE TOO MUCH?

The wise and careful use of butter, fat, and milk.

The substitution of other fats for butter in cooking.

The substitution, wherever possible, of other cereals for wheat.

The use of fish, eggs, and cheese to reduce the demand for beef, pork, and mutton.

The more extensive use of vegetables and fruits.

Waste must be eliminated.

Perishable foods locally grown must be consumed more freely.

FOREWORD

Our object in the preparation of this little book at this critical time in our nation's history, when the conservation of food by the women of the country is a part of our battle array, is to put before the housewives of America, at low cost, recipes for dishes so simple, nourishing, and attractive that the matter of reducing the household expenditure and the preserving of the food supply will be an interesting pastime rather than a disagreeable experiment.

We have not gone into the matter of food values as we feel that the average housewife from her own experience will realize from the recipes themselves their substantial qualities.

Once introduced into the family circle they are certain to make many friends who will cling to them long after the war is over.

The practical self-denial of our meatless and wheatless days is strengthening the arms and the hearts of all Americans at home in a peaceful land or abroad in the turmoil of war, as well as sending food to thousands stripped of the very necessities of existence.

We offer you this little volume with the hope that

it may prove a helpful guide in your daily efforts to do your bit in your household, and in a larger way assist our Nation and our Allies by pointing the way toward a reasonable self-sacrifice possible to every man, woman, and child whose heart "follows the flag."

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GENERAL DIRECTIONS

All measurements used in these recipes are level.

Each recipe will serve six persons; those for hot breads, cakes and muffins are large enough to be served more than once.

Wherever the recipes require fat, any of the vegetable fats, of which there are many excellent ones on the market today, may be used. In place of the butter in any recipes, butterine, oleomargarine, or any of the good butter substitutes may be used.

Wherever milk is required, skimmed milk may be used with success although it must be remembered that the food value is lowered. Any reliable brand of canned milk may be used if desired.

All recipes have been tested, and if carefully followed may be relied upon to give perfect results.

WHEATLESS RECIPES

BREAKFAST CEREALS

BREAKFAST CEREALS

OATMEAL

1 cup oatmeal or rolled oats	1 teaspoon salt 3 cups boiling water

Add salt to boiling water, add oats and boil for 5 minutes. Cook in double boiler for 1½ hours.

CORN MEAL

1 cup corn meal 1 teaspoon salt	1 cup cold water 4 cups boiling water

Add salt to corn meal, pour on cold water, and when thoroughly mixed add to the rapidly boiling water; stir constantly while adding the cereal. Boil for 10 minutes and cook in double boiler 1½ to 2 hours.

STEAMED RICE

1 cup rice
1 teaspoon salt
2 cups boiling water
1 cup milk

Wash rice, add to boiling salted water and boil 5 minutes. Add milk and cook in double boiler 45 minutes to 1 hour or until rice is tender.

HOMINY

1 cup fine hominy
1 teaspoon salt
4 cups boiling water

Add hominy to boiling salted water and boil for 5 minutes. Cook in double boiler for 1 hour.

If coarse hominy is used, cook in double boiler for 2½ hours.

BARLEY WITH RAISINS

½ cup barley meal
½ teaspoon salt
2 cups boiling water
½ cup raisins

Add the barley meal to the boiling salted water, stirring constantly. Boil for 5 minutes and cook in double boiler for 2 hours. Wash raisins, cut them in pieces and add to the cereal 5 minutes before serving.

WHITE CORN MEAL WITH DATES

1 cup white corn meal
1 teaspoon salt
1 cup cold water
4 cups boiling water
½ lb. dates

Cook corn meal by method previously given. Wash, stone, and cut dates into pieces. Add to corn meal 5 minutes before it is served.

USES FOR LEFTOVER CEREALS

USES FOR LEFTOVER CEREALS

FRIED CORN MEAL

1 to 2 cups cooked corn meal
3 tablespoons fat

While corn meal is hot pour it into a greased pan, cool, and cut in slices. Sprinkle each slice with flour, and brown in a frying pan in which fat has been melted.

FRIED CORN MEAL WITH CHEESE

To the hot cooked corn meal as given in recipe for Fried Corn Meal add ½ cup grated cheese, stir until it is melted, pour into greased pan and proceed as for Fried Corn Meal.

FRIED HOMINY

1 to 2 cups cooked hominy
3 tablespoons fat

Pour hot hominy into greased baking dish, cool, and cut in slices, sprinkle with flour and brown in a frying pan in which fat has been melted.

FRIED OATMEAL WITH CHEESE

1 to 2 cups cooked oatmeal
½ cup grated cheese
3 tablespoons fat

Add the cheese to the hot oatmeal and stir until it melts. Pour into a greased pan; when cool cut in slices, sprinkle each slice with flour and brown in frying pan in which fat has been melted.

FRIED RICE CAKES

1½ to 2 cups cold cooked rice
⅛ teaspoon pepper
1 egg
3 tablespoons fat

Add the pepper and well-beaten egg to the rice. Mix thoroughly and mold into flat cakes. Brown in a frying pan in which fat has been melted.

CEREAL OMELET

1 cup cold cooked cereal
½ teaspoon salt
¼ teaspoon paprika
1 teaspoon chopped parsley
2 tablespoons hot water
2 egg yolks
2 egg whites, stiffly beaten
1 tablespoon fat

Mix cereal, salt, paprika, parsley, and hot water, and add to the well-beaten egg yolks. Fold in the stiffly beaten egg whites. Melt fat in a frying pan and pour in the mixture. Cook over the fire until brown, place in hot oven 2 minutes, fold and serve.

BREAKFAST CAKES

BREAKFAST CAKES

BUCKWHEAT CAKES

2 cups buckwheat
½ cup corn meal
1 teaspoon salt
½ yeast cake
2 tablespoons sugar
2 cups lukewarm water
¼ cup molasses
½ teaspoon soda
2 tablespoons warm water

Mix buckwheat, corn meal and salt. Add sugar to yeast cake and stir until a paste is formed, add to luke warm water and pour onto buckwheat mixture slowly stirring constantly. Set in a warm place over night. In the morning beat the mixture 1 minute, add soda, molasses, and warm water which have been mixed, beat for 2 minutes and bake on a hot griddle.

Compressed yeast should be used.

CORN MEAL PANCAKES

1 cup white corn meal
¼ cup sugar
½ teaspoon salt
1¼ cups boiling water
2 tablespoons milk
1 teaspoon melted fat

Mix corn meal, sugar, and salt, add boiling water and beat until thoroughly mixed; add milk and melted fat and bake on a pancake griddle.

BARLEY PANCAKES

1 cup barley meal
1 teaspoon salt
3 cups boiling water
¼ cup brown sugar
1 egg
1 teaspoon melted fat

Add barley meal to boiling salted water, stirring constantly, and boil for 10 minutes. Cook in double boiler 45 minutes. Cool, add sugar, well-beaten egg and melted fat. Beat until thoroughly mixed. Drop by spoonfuls on a hot greased griddle and bake as pancakes.

FRIED HOMINY CAKES

½ cup fine hominy
2 cups boiling water
1 teaspoon salt
¼ teaspoon paprika
¼ cup sugar
¼ cup milk
1 egg
1 cup fine crumbs
3 tablespoons fat

Add hominy to boiling salted water and boil 10 minutes. Cook in double boiler ½ hour or until hominy is soft. Cool and add paprika, sugar, milk, and well-beaten egg. Form into flat cakes, roll in fine crumbs and brown in a frying pan in which fat has been melted.

RYE DROP CAKES

1½ cups rye flour
1 teaspoon salt
1 cup milk
2 egg yolks
1 teaspoon melted fat
2 stiffly beaten egg whites

Mix flour and salt, add milk and egg yolks, stirring constantly; add melted fat and beat

for 1 minute. Fold in stiffly beaten egg whites and bake on a hot greased griddle, like pancakes.

RICE FRITTERS WITH MAPLE SIRUP

1½ cups cold cooked rice
½ teaspoon salt
⅛ teaspoon nutmeg
2 eggs
1½ cups fine crumbs

Mix 1 well-beaten egg with the rice, add the salt and nutmeg, and form into fritters. Beat the other egg with 2 tablespoons of cold water and roll the fritters first in crumbs, then in egg and again in crumbs. Fry in deep fat, drain on heavy paper and serve with maple sirup.

HOMINY FRITTERS WITH MOLASSES SAUCE

1½ cups cold cooked hominy
½ teaspoon salt
⅛ teaspoon cinnamon
2 eggs
1½ cups fine crumbs

Mix the hominy, salt, and cinnamon, add 1 well-beaten egg and form into fritters. Beat the other egg with 2 tablespoons cold water. Roll fritters first in crumbs, then in egg and again in crumbs and fry in deep fat; drain on heavy paper and serve with Molasses Sauce.

MOLASSES SAUCE

½ cup light molasses
1 cup water
2 tablespoons cornstarch
¼ cup cold water
1 tablespoon vinegar
1 teaspoon butter

Add water to molasses and heat. Mix cold water, vinegar and cornstarch to a smooth consistency and pour into hot mixture, stirring constantly. Boil gently for 30 minutes. Add butter and serve.

BAKED HOMINY WITH DATES

1½ to 2 cups cooked hominy
½ cup dates
1 egg
1½ cups fine crumbs

Wash, remove stones, and cut dates into pieces, add them to the hot cereal, and pour into a greased pan. Set in a cool place. Beat the egg with 2 tablespoons cold water. When hominy is cold, cut in slices about ½ inch thick and roll in crumbs, then in egg and again in crumbs.

Place in a flat greased baking dish and bake in a hot oven until brown. Serve with Fruit Sauce.

FRUIT SAUCE

1 cup brown sugar
1½ tablespoons cornstarch
1½ cups hot water
¼ teaspoon grated lemon rind
juice of 1 lemon

Mix sugar and cornstarch, add hot water slowly, stirring constantly. Boil for 15 minutes, add lemon rind and juice, and serve.

POTATO WAFFLES

1 cup cold mashed potatoes
1 cup milk
2 egg yolks
1 teaspoon melted fat
¼ cup sugar
½ cup rye flour
1 teaspoon salt
2 teaspoons baking powder
2 stiffly beaten egg whites

Mix potatoes, milk, and well-beaten egg yolks. Mix the sugar, salt, flour, and baking powder, and add to first mixture. Add melted fat and beat vigorously. Fold in the stiffly beaten egg whites, pour into a hot, evenly greased waffle iron, filling the iron two-thirds full each time. Cook until brown and serve with maple or Karo sirup.

RICE WAFFLES

1 cup cold cooked rice
2 egg yolks
1 cup milk
¼ cup rye flour
1 teaspoon salt
2 teaspoons baking powder
1 teaspoon melted fat
2 stiffly beaten egg whites

The rice for waffles should be cooked until very soft and pasty. Add the milk and well-beaten egg yolks to the rice. Mix salt, baking powder, and flour and sift into the mixture; add melted fat and beat thoroughly. Fold in stiffly beaten egg whites. Pour into a hot, evenly greased waffle iron and cook until brown. Fill waffle iron two-thirds full each time. Serve with maple or Karo sirup.

SPOON BREADS

SPOON BREADS

These are breads which are very soft and usually are served with a spoon from the dish in which they are baked. Many times they are served with sirup or gravy instead of butter.

RICE OR HOMINY SPOON BREAD

2 cups cold cooked hominy or rice
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons sugar
½ cup milk
2 eggs
1 tablespoon butter

Mash the hominy or rice and mix with salt, pepper, sugar, milk, and well-beaten eggs. Pour into a greased baking dish, dot the top with bits of butter and bake in a moderate oven 30 minutes.

SPOON CORN BREAD

1 cup white corn meal
1 cup cold water
2 cups boiling water
2 teaspoons salt
1 tablespoon fat
2 eggs

Mix cold water and meal and add slowly to the boiling salted water, cook 5 minutes, stirring constantly; remove from the fire, add fat, and cool slightly. When cool add well-beaten eggs and beat vigorously until thoroughly mixed. Pour into a greased baking dish and bake 25 minutes in a hot oven. Serve at once.

DELICATE SPOON BREAD

¼ cup corn meal
¼ cup cold water
1 cup boiling water
1 teaspoon salt
¼ cup sugar
1 cup milk
2 egg yolks
2 stiffly beaten egg whites

Mix cold water and meal, add slowly to the boiling water and boil 5 minutes, stirring con-

stantly. Remove from the fire, add sugar, milk, and well-beaten egg yolks, mix thoroughly, fold in stiffly beaten egg whites and bake in a moderate oven 45 minutes. Serve at once.

BARLEY SPOON BREAD

3 slices bacon
2 cups boiling water
¼ teaspoon salt
½ cup barley meal
½ cup milk
2 eggs

Cut bacon into small pieces and cook in kettle in which barley is to be cooked, until bacon is slightly browned. Pour in water, add salt, and when water boils add meal slowly, stirring constantly. Boil for 5 minutes and then cook for 45 minutes in a double boiler. Cool and add milk and the eggs which have been beaten until very light. Pour into a greased baking dish and bake in a moderate oven 45 minutes. Serve immediately.

CUSTARD SPOON BREAD

1 cup white corn meal
½ teaspoon soda
1 teaspoon salt
¼ cup sugar
½ cup sour milk
1 cup sweet milk
1 tablespoon butter
½ cup cream
2 eggs

Mix the corn meal, soda, salt and sugar and add all of the milk; when thoroughly mixed add the eggs which have been beaten very light. Melt the butter and thoroughly grease a baking dish with it. Pour in the batter and, without stirring it, add the cream. Bake in a moderate oven 45 minutes or until small bits of custard on top are firm. Serve immediately.

SPOON CORN PUFF

½ cup white corn meal
1 cup cold water
1 cup boiling water
1 teaspoon salt
½ cup milk
¼ cup sugar
⅛ teaspoon nutmeg
3 eggs

Mix meal and cold water, add to boiling salted water and cook 1 minute, stirring constantly. Cook in double boiler for 30 minutes. Remove from fire and cool. Beat the eggs until very light and add with milk, sugar and nutmeg to the cooled mixture. Pour into a greased baking dish and bake 30 minutes in a moderate oven.

SPOON BREAD MADE WITH SOUR MILK

2 cups white corn meal
½ teaspoon salt
½ teaspoon soda
¼ cup sugar
2 cups sour milk
1 egg

Mix and sift corn meal, salt, soda and sugar. Add the well-beaten egg to the sour milk and combine the two mixtures, stirring constantly. Heat a well-greased baking dish, pour batter into it and bake quickly in a hot oven from 15 to 20 minutes. Serve at once.

MUSH SPOON BREAD

1 cup hot milk
½ cup white corn meal
¼ cup cold water
1 teaspoon salt
¼ cup sugar
2 egg yolks
2 stiffly beaten egg whites

Mix meal and cold water, add to hot milk, and cook in double boiler for 5 minutes. Cool slightly and add sugar and egg yolks. Fold in stiffly beaten egg whites and pour into a greased baking dish. Bake 30 minutes in a moderate oven. Serve immediately.

BREADS, MUFFINS AND GEMS

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HONEY RYE BREAD

2 cups rye flour
½ teaspoon soda
1 teaspoon ginger
2 tablespoons brown sugar
1 egg yolk
1 cup honey

Mix flour, soda, ginger and sugar, add liquid and spread in shallow greased pan and bake in a hot oven.

BOSTON BROWN RAISIN BREAD

2 cups rye meal
1 cup corn meal
1 teaspoon soda
½ teaspoon salt
½ cup molasses
2 cups sour milk
½ cup seeded raisins

Mix the rye and corn meal thoroughly with soda and salt, and add the raisins which have

been washed, dried and cut in pieces; add the milk and molasses and beat well. Pour into a greased mold, cover tightly and steam from 5 to 6 hours. Remove from tin, and dry in the oven 5 minutes. This may be served hot or cold.

RAISED BROWN BREAD

¼ yeast cake
2 tablespoons sugar
2 cups corn meal
2 cups boiling water
½ cup molasses
1 teaspoon salt
2 cups rye flour
⅛ teaspoon soda
1 tablespoon cold water

Mix yeast cake and sugar together. Pour boiling water over corn meal, add molasses, salt, and rye flour and when mixture is lukewarm add yeast. Beat for 5 minutes and set aside to rise overnight in a warm place. In the morning add soda dissolved in water, beat again for 5 minutes, pour into 2 greased bread pans and bake in a moderate oven from 1½ to 2 hours.

STEAMED DATE BREAD

2 cups rye meal
1 cup white corn meal
1 teaspoon soda
½ teaspoon salt
¼ cup brown sugar
½ cup molasses
2 cups sour milk
½ cup dates

Mix rye and corn meal, soda, salt and brown sugar and add dates which have been washed, dried, stoned and cut in pieces. Mix molasses and milk, pour into first mixture and beat vigorously. Put into a greased mold and steam 5 to 6 hours. Remove from mold and dry in oven for 5 minutes. This may be served hot or cold.

BROWN BREAD

1 cup rye meal
½ cup bran
1 cup corn meal
½ teaspoon soda
½ teaspoon salt
½ cup molasses
1 cup water
½ cup chopped walnuts
½ cup raisins

Mix rye meal, bran, corn meal, soda, salt, nuts and raisins which have been washed, dried

and cut in pieces. Add the molasses and water, mix thoroughly and pour into a greased mold. Steam 4 or 5 hours. When ready to serve dry in the oven for 5 minutes.

NEW MEXICO CORN BREAD

- 2 cups corn meal
- 1 teaspoon salt
- 1 teaspoon baking powder
- ¼ cup sugar
- 2 cups milk
- 2 eggs
- 1 tablespoon melted fat

Mix and sift cornmeal, salt, baking powder and sugar. Add the milk, well-beaten eggs, and melted fat. Beat vigorously for 2 minutes. Pour into a greased pan and bake 30 minutes in a hot oven. Serve at once.

SOUTHERN CORN BREAD

- 1 cup cold cooked hominy
- 1 egg
- 1 teaspoon salt
- 1 cup milk
- 1 cup uncooked fine hominy
- 1 tablespoon melted fat

Mash the cooked hominy, add salt, well-beaten egg, milk and melted fat. Spread in a greased baking dish, sprinkle uncooked hominy over the top and bake 35 minutes in a hot oven. Serve at once.

RYE BREAD WITH HONEY

3 cups rye flour
¾ teaspoon soda
1 teaspoon ginger
¼ teaspoon salt
¼ cup brown sugar
1 egg
1½ cups honey

Mix and sift dry ingredients. Add well-beaten egg and honey. Spread in 2 well greased bread pans and bake 40 minutes in a moderate oven.

NAVAJO INDIAN BREAD

1 cup white corn meal
1 cup yellow corn meal
1 teaspoon salt
1 tablespoon sugar
1 cup water
1 cup finely chopped suet

Mix corn meal, salt, and sugar, add finely chopped suet and mix thoroughly; pour in water until a thick mass is formed. Shape into rolls about 6 inches long, wrap each roll in a well greased paper and bake in a flat greased baking dish in a moderate oven for 1 hour.

When these are made by the Navajo Indians they roll them in corn husks.

STEAMED HONEY BREAD

1 cup white corn meal	½ cup honey
2 cups rye flour	2 cups sour milk
1 teaspoon salt	1 cup chopped raisins
½ teaspoon soda	1 cup chopped nuts

Mix and sift dry ingredients, add raisins, nuts, honey, and sour milk. Pour into greased molds and steam for 2½ hours. Fill molds only ⅔ full.

This quantity will make 4 loaves if put in 1 pound baking powder cans.

OATMEAL MUFFINS

¾ cup oatmeal (raw)
1 cup rye flour
½ cup barley flour
1 teaspoon salt
½ cup brown sugar
4 teaspoons baking powder
1 egg
1 cup milk
1 tablespoon melted fat

Mix dry ingredients, add well-beaten egg, milk and melted fat. Pour into greased muffin pans and bake 35 minutes in a moderate oven.

VIRGINIA CORN PONE

2½ cups milk
½ cup yellow corn meal
2 teaspoons salt
1 tablespoon butter
1 teaspoon baking powder
1 egg

Heat milk, add salt and corn meal and cook in a double boiler for 1½ hours. Add butter, cool and add baking powder mixed with 1 tablespoon of cold water, and well-beaten egg. Pour into a greased baking dish and bake in a moderate oven 45 minutes. Cut in pie shaped pieces to serve.

RYE MUFFINS

2 cups rye flour
4 teaspoons baking powder
1 teaspoon salt
1 tablespoon caraway seeds
½ cup brown sugar
1 egg
1¼ cups milk
1 tablespoon melted fat

Mix and sift dry ingredients and add caraway seeds. Pour in milk and well-beaten egg slowly, stirring constantly. Add melted fat and pour into greased muffin pans. Bake 40 minutes in a moderate oven.

If desired, caraway seeds may be omitted.

This recipe will make 12 large muffins or 18 small ones.

HONEY BRAN MUFFINS

2 cups bran
½ cup rye flour
½ teaspoon salt
½ teaspoon soda
1 teaspoon baking powder
⅓ cup honey
1½ cups milk
1 tablespoon melted fat

Mix bran, flour, salt, soda and baking powder. Add honey, milk and fat and beat thoroughly.

Pour into hot greased muffin pans and bake 30 minutes in a hot oven.

If desired, ½ cup finely chopped walnuts may be added.

SPIDER CORN CAKE

1½ cups corn meal
¼ cup sugar
1 teaspoon salt
½ teaspoon soda
2 eggs
2 cups sour milk
1 tablespoon fat

Mix corn meal, sugar, salt and soda, add well-beaten eggs and milk and beat thoroughly until mixed. Melt the fat in an iron spider or frying pan greasing the sides as well as the bottom of the pan.

Pour in the mixture and bake in a hot oven 20 minutes. Serve at once.

CORN AND RICE MUFFINS.

1 cup corn meal
2 teaspoons baking powder
1 teaspoon salt
2 tablespoons sugar
1 cup cold cooked rice
¼ cup milk
1 egg
1 tablespoon melted fat

Mix the corn meal, baking powder, salt, and sugar, add the rice slowly and when well mixed add well-beaten egg, milk, and fat. Beat vigorously 1 minute, pour into greased gem pans and bake 35 minutes in a moderate oven.

CORN GEMS.

1 cup corn meal
½ cup rye flour
2 tablespoons sugar
1 teaspoon salt
2 egg yolks
1 teaspoon baking powder
1 cup milk
2 stiffly beaten egg whites
1 tablespoon melted fat

Mix and sift corn meal, rye flour, sugar, salt and baking powder, add well-beaten egg yolks

with the milk and melted fat. Fold in stiffly beaten egg whites. Pour into hot greased gem pans and bake 20 minutes in a hot oven.

This will make 12 gems.

HOMINY GEMS.

¼ cup fine hominy
¾ cup boiling water
1 teaspoon salt
1 tablespoon fat
¼ cup corn meal
1 cup hot milk
¼ cup sugar
2 egg yolks
2 stiffly beaten egg whites

Cook the hominy in the boiling salted water 15 minutes, stirring constantly. Add the hot milk to the cornmeal and cook in the double boiler 15 minutes. Combine the two mixtures, add sugar and fat and set aside to cool. When cold, add well-beaten yolks of eggs, beat until mixed and fold in the stiffly beaten egg whites. Pour into hot greased gem pans and bake 35 minutes in a moderate oven.

FRUIT GEMS

1 cup white corn meal
¼ cup cold water
1 cup hot milk
1 teaspoon salt
2 tablespoons sugar
1 teaspoon baking powder
½ cup raisins
½ cup dates
½ cup cream

Mix meal and cold water and add to the hot milk. Cook in a double boiler, over boiling water, for 5 minutes stirring constantly, and set aside to cool. When cold add sugar and baking powder which have been mixed and beat vigorously for 1 minute. Add the cream, and the raisins and dates which have been washed and cut in pieces. Mix thoroughly, pour into well greased gem pans and bake about 30 minutes in a moderate oven.

GRANDMOTHER'S CORN DODGERS

2 cups corn meal
2 teaspoons salt
1½ cups boiling water
1 tablespoon melted fat

Mix corn meal and salt, add the boiling water and fat. Allow mixture to cool and form into flat round cakes, place in a greased baking dish and bake in a hot oven 45 minutes.

RICE CORN PONE

- 2 cups corn meal
- 4 teaspoons baking powder
- 1 teaspoon salt
- ¼ cup sugar
- 1 cup cold cooked rice
- 2 eggs
- 2½ cups milk
- 2 tablespoons melted fat

Mix and sift baking powder, salt, sugar, and corn meal. Add well-beaten eggs and milk to rice, stir gradually into cornmeal mixture, add melted fat, beat thoroughly until well mixed. Pour in a shallow greased pan and bake 30 minutes in a hot oven. Serve at once.

HOMINY BARLEY PONES

- 1 cup hot cooked hominy
- 1 tablespoon butter
- 2 cups milk
- 1 cup barley meal
- ¼ cup sugar
- ½ teaspoon salt
- 2 teaspoons baking powder
- 2 eggs

Mix hominy with butter and milk and set aside to cool. Mix barley, sugar, salt and baking powder and add to cooled mixture, stirring constantly; put in the well-beaten eggs and when thoroughly mixed pour into a shallow greased baking dish and bake in a moderate oven 45 minutes. Serve immediately.

CAKES AND COOKIES

POTATO FLOUR CAKE

3 egg yolks
½ teaspoon vanilla
¾ cup sugar
½ cup potato flour
¼ teaspoon salt
1 teaspoon baking powder
3 stiffly beaten egg whites

Beat the egg yolks until very light, slowly sifting in the sugar, add the vanilla, flour which has been mixed and sifted with salt and baking powder, and fold in the stiffly beaten egg whites. Bake in a tube cake pan or in fancy muffin pans in a slow oven 45 minutes to 1 hour.

This may be frosted with coconut water icing.

COCONUT WATER ICING

1 cup powdered sugar
Boiling water
¼ teaspoon vanilla
½ cup coconut

Sift sugar and add water very slowly until icing is of consistency to spread. Add vanilla and coconut and spread over warm cake.

BARLEY FLOUR SPONGE CAKE

3 egg yolks
¾ cup sugar
2 teaspoons lemon juice
⅛ teaspoon salt
¾ cup barley flour
3 stiffly beaten egg whites

Beat yolks till very light, gradually sifting in the sugar; add the lemon juice and flour. Fold in stiffly beaten egg whites and bake in tube cake pan or muffin tins 45 minutes to 1 hour in a slow oven. Frost with Cocoa Icing.

COCOA ICING

1 cup powdered sugar
¼ cup dry cocoa
Boiling water
¼ teaspoon vanilla

Sift sugar and cocoa together, pour on water slowly until icing is of consistency to spread and add vanilla. Spread on warm cake.

POTATO FLOUR CREAM CAKE

- 4 egg yolks
- 1 cup sugar
- ¼ teaspoon salt
- ¾ cup potato flour
- ½ teaspoon baking powder
- 3 stiffly beaten egg whites

Beat egg yolks with sugar until very light, and add salt, flour, and baking powder which have been mixed and sifted. Fold in stiffly beaten egg whites. Pour into 3 layer cake tins and bake in a slow oven 20 to 30 minutes. When done remove from pans, spread cream filling between layers and just before serving sift powdered sugar over the top.

CREAM FILLING

- 3 tablespoons butter
- 1 stiffly beaten egg white
- ½ cup powdered sugar
- ½ teaspoon orange flavoring

Cream butter and sugar together until mixture is very light, add flavoring, fold in egg white and set in a very cold place for at least 30 minutes.

POTATO FLOUR SPONGE CAKE

4 egg yolks
1 cup sugar
¼ teaspoon salt
½ cup potato flour
Grated rind and juice from ½ lemon
4 stiffly beaten egg whites

Beat the egg yolks until very light, add sugar slowly, then lemon rind and juice, salt, and potato flour. Fold in the egg whites, pour into a tube cake pan and bake 1 hour in a slow oven.

OLD ENGLISH CHEESE CAKES

4 tablespoons fat
½ cup sugar
2 eggs
1 cup rice flour
1 teaspoon baking powder
Jam or jelly

Cream the fat, add the sugar slowly, then the well-beaten eggs and last flour and baking powder which have been mixed and sifted. Grease ramekins and pour 1 teaspoon jam or jelly into each, fill ⅔ full with mixture and

bake 25 to 30 minutes or until cakes are a delicate brown.

Serve in ramekins.

HERMITS.

1 egg yolk
½ cup sugar
¼ teaspoon nutmeg
¼ teaspoon cinnamon
¼ teaspoon allspice
¼ teaspoon baking powder
¼ teaspoon salt
1 tablespoon melted fat
½ cup chopped raisins
½ cup chopped nuts
1 stiffly beaten egg white

Mix sugar, salt, baking powder, and spices and slowly add to beaten egg yolk, with raisins and nuts; fold in stiffly beaten white. Drop by spoonfuls on a greased pan and bake 20 to 30 minutes in a moderate oven.

SCOTCH OAT COOKIES.

1 egg yolk
½ cup sugar
1 tablespoon melted fat
1 cup rolled oats
¼ teaspoon salt
½ teaspoon lemon extract
1 stiffly beaten egg white

Beat egg yolk, slowly adding sugar and salt; add lemon, rolled oats and stiffly beaten egg white. Drop from spoon onto a greased pan and bake in a moderate oven about 15 minutes or until brown.

HONEY COOKIES

⅓ cup sugar
¼ teaspoon cinnamon
¼ teaspoon soda
¼ teaspoon ginger
2½ cups bran
⅓ cup honey
⅓ cup milk
¼ cup melted fat

Look over bran to remove any foreign substance and mix bran, cinnamon, ginger, and soda; add honey, milk, and melted fat. Drop from spoon on greased tins and bake about 15 minutes in a moderate oven.

These cookies are better if served the day after they are made.

NUT WAFERS

2 egg whites
1 cup sugar
1 cup finely chopped nuts
¼ teaspoon vanilla

Beat egg whites until very stiff and dry, add sugar slowly, nuts and vanilla. Spread in a well greased pan and bake in a slow oven about 1 hour. Remove from oven, mark into squares and cool before removing from pan.

OAT WAFERS

1 egg
½ cup sugar
1 teaspoon baking powder
¼ teaspoon nutmeg
1 tablespoon melted fat
1 teaspoon vanilla
1 cup rolled oats

Beat the egg very light, slowly add sugar, nutmeg, and baking powder which have been mixed; then add melted fat, vanilla, and rolled oats. Spread in a well greased cake pan and bake in a moderate oven 20 minutes or until crisp and brown. Mark into squares and remove from the pan before they become hard.

COCONUT MERINGUES

2 egg whites
½ cup sugar
½ cup coconut
½ teaspoon vanilla

Beat egg whites until very stiff, slowly add sugar, coconut, and vanilla and beat for 5 minutes or until mixture holds its shape. Drop by the tablespoon on a greased pan and bake in a slow oven 30 to 45 minutes.

COCONUT COOKIES.

1 egg
½ cup sugar
1 tablespoon melted fat
1¼ cups coconut
½ teaspoon salt
½ teaspoon vanilla

Beat egg, add sugar, fat, coconut, salt, and vanilla. Drop from spoon on a well greased pan. Bake in a moderate oven 15 minutes or until brown.

PRUNE MERINGUES

½ cup prunes
1 egg white
1 cup sugar
¼ teaspoon cinnamon
1 tablespoon lemon juice
½ cup finely chopped nuts

Wash prunes and soak over night in cold water. In the morning cook them until tender, drain, remove stones and press them through a colander or strainer.

Beat egg whites very stiff, slowly add sugar, cinnamon, lemon juice, prune pulp and nuts. Beat vigorously 5 minutes or until mixture holds its shape. Drop by the tablespoonful on a greased pan and bake in a slow oven 30 to 45 minutes or until brown.

ALMOND CAKES

- 1 egg yolk
- ½ cup sugar
- ⅛ teaspoon salt
- 1 tablespoon lemon juice
- 1 tablespoon melted fat
- 1 cup almonds
- 1 stiffly beaten egg white

Blanch the almonds and chop all but 12 almonds very fine. Beat the egg yolk until very light, slowly add sugar, salt, lemon juice, fat, and chopped almonds. Fold in stiffly beaten egg white. Drop from spoon on greased

pan, putting ½ an almond on each cake, and bake in a moderate oven 15 minutes or until brown.

DIVINITY KISSES

2 egg whites
½ cup sugar
1 cup chopped nuts
½ cup raisins
¼ cup chopped candied cherries

Beat egg whites very stiff, slowly add sugar, nuts, raisins and cherries. Drop from a tablespoon on greased pan and bake 1 hour in a slow oven.

PEANUT MACAROONS

1 egg white
¼ cup sugar
⅛ teaspoon salt
1 cup peanuts
½ teaspoon vanilla

Chop part of the peanuts very fine leaving a few whole; 10 or 12. Beat egg white until very stiff, slowly add sugar, salt, chopped peanuts and vanilla. Drop by the tablespoonful on a greased pan, put ½ a peanut on top of each macaroon and bake 30 minutes or until brown in a slow oven.

HOT PUDDINGS

HOT PUDDINGS

APPLE TARTLETS

6 medium sized apples
1 egg yolk
½ cup powdered sugar
⅛ teaspoon nutmeg
1 lemon, juice and rind
1 stiffly beaten egg white

Wash and pare apples, cut off a slice from the stem end and remove center, being careful to keep the apples unbroken. Beat egg yolks with sugar, nutmeg, lemon juice and rind, fold in stiffly beaten egg white and heap centers of apples with mixture. Set in a granite or earthen-ware baking dish, pour in water to depth of ½ inch and bake in a slow oven until apples are tender.

BAKED APPLES WITH OATMEAL

6 medium sized apples
1 cup cooked oatmeal
¼ cup brown sugar
¼ teaspoon cinnamon
½ cup chopped raisins

Wash, pare, and core apples. Mix oatmeal, chopped raisins, and half of the sugar and cinnamon, fill the centers of apples with mixture, and sprinkle remaining sugar and cinnamon over the tops. Place in a granite or earthenware baking dish, surround with water to the depth of ½ inch and bake in a moderate oven until the apples are tender.

SOUR CREAM PUDDING WITH DATES

1 cup dates
½ cup walnuts
2 eggs
¾ cup brown sugar
¼ teaspoon cinnamon
¼ teaspoon salt
1½ cups sour cream

Wash and stone dates. Put dates and nuts through the food chopper.

Beat eggs, add brown sugar, cinnamon, salt, cream, nuts and dates. Pour into greased baking dish and bake in a moderate oven about 40 minutes, or until firm. Serve hot or cold.

STEAMED GINGER PUDDING WITH ORANGE SAUCE

- 1½ cups rye flour
- ½ cup yellow corn meal
- 1 teaspoon soda
- ½ tablespoon ginger
- ½ teaspoon salt
- ½ cup sour or buttermilk
- ½ cup molasses
- 1 tablespoon melted fat
- 1 cup chopped raisins

Mix and sift dry ingredients, add chopped raisins, milk, molasses and melted fat. Pour into well greased mold and steam 2½ hours. Serve with Orange Sauce.

ORANGE SAUCE

- 2 tablespoons corn starch
- ¾ cup brown sugar
- $\frac{1}{16}$ teaspoon salt
- 2 cups hot water
- juice of 1 lemon
- ¼ cup orange juice
- $\frac{1}{16}$ teaspoon nutmeg

Mix corn starch, sugar and salt, pour on hot water, bring to boiling point stirring constantly, and boil for 15 minutes or cook in double boiler 40 minutes. Add fruit juice and nutmeg and serve.

CEREAL PUDDING.

1 cup cooked cereal
1 cup milk
½ cup molasses
½ cup chopped raisins
1 teaspoon cinnamon
1 egg

Mix cereal and milk until smooth, heating if necessary. Add molasses, raisins, cinnamon and well-beaten egg. Pour into a greased baking dish and bake 40 minutes in a moderate oven.

Serve hot.

BARLEY TAPIOCA PUDDING.

¼ cup minute tapioca
2½ cups hot milk
2 tablespoons barley meal
¼ cup molasses
½ teaspoon salt
2 tablespoons brown sugar
1 tablespoon butter
½ cup cold milk
½ cup chopped raisins

Cook tapioca and barley with hot milk in double boiler until tapioca is transparent. Remove from fire, add salt, molasses, sugar, butter, and raisins. Pour into a greased baking

dish, pour cold milk over the top and bake 1 hour in a moderate oven.

APPLE TAPIOCA PUDDING

4 or 5 apples
¾ cup minute tapioca
2½ cups boiling water
½ cup brown sugar
1 tablespoon lemon juice
½ teaspoon cinnamon

Wash, pare and core apples, place in a greased baking dish. Cook tapioca in boiling water until it is transparent. Remove from the fire, add sugar, cinnamon, lemon juice and pour over the apples. Bake until apples are tender. Serve with milk or cream.

INDIAN TAPIOCA PUDDING .

2½ cups hot milk
¼ cup minute tapioca
¼ cup corn meal
½ cup cold milk
¼ teaspoon salt
¼ cup sugar
¼ cup molasses
1 tablespoon butter

Cook tapioca and corn meal with the hot milk in a double boiler for 30 minutes. Re-

move from fire, add salt, molasses, sugar, and butter. Turn into a greased baking dish, pour cold milk over the top and bake 1 hour in a moderate oven.

DATE AND TAPIOCA PUDDING

2 cups boiling water
½ cup minute tapioca
¼ teaspoon salt
2 egg yolks
¼ cup sugar
1 cup dates
2 stiffly beaten egg whites

Cook tapioca in boiling salted water until transparent. Cool slightly, add egg yolks which have been beaten with sugar and cook in double boiler until mixture is thickened. Remove from fire, add dates, fold in egg whites, pour into a greased baking dish and bake in a slow oven 25 minutes or until firm.

INDIAN PUDDING

4 cups milk
½ cup corn meal
½ teaspoon salt
¼ cup molasses
½ teaspoon ginger
2 tablespoons sugar
½ cup chopped raisins
1 egg

Cook the corn meal with salt and milk in the double boiler for 30 minutes. Add molasses, ginger, sugar, raisins, and beaten egg. Pour into a greased baking dish and bake 2 hours in a slow oven. Serve with milk or cream.

APPLE CORN MEAL DUMPLINGS

½ cup corn meal
1 cup cold water
2 cups boiling water
½ teaspoon salt
4 or 5 apples
¼ cup sugar
¼ teaspoon cinnamon
1 tablespoon butter
¼ cup brown sugar

Mix corn meal and cold water, add to boiling water and boil 15 minutes. Wash, pare and core apples, place in greased baking dish. Add sugar, cinnamon, and butter to corn meal, pour over apples, sprinkle brown sugar over the top and bake 1½ hours in a moderate oven. Serve with milk or cream.

APPLE CHEESE PUDDING

5 or 6 apples
1 cup brown sugar
¼ teaspoon cinnamon
1 cup grated mild cheese

Wash and pare the apples and cut in thin slices. Mix sugar, cinnamon and cheese. Arrange sliced apples in layers in a greased baking dish, sprinkling each layer with the cheese mixture. Bake in a moderate oven 30 to 45 minutes or until apples are tender.

COCONUT PUDDING

2 tablespoons white corn meal
2 tablespoons minute tapioca
2½ cups hot milk
¼ teaspoon salt
¼ teaspoon ginger
1 tablespoon butter
½ cup molasses
½ cup coconut

Cook corn meal, tapioca, and hot milk in a double boiler 20 minutes, add all other ingredients, pour into a greased baking dish and bake 45 minutes to 1 hour in a moderate oven.

INDIAN PUDDING WITH APPLES

½ cup corn meal
½ teaspoon salt
1 cup cold water
2 cups boiling water
2 cups milk
1 egg
½ cup molasses
4 apples
¼ teaspoon nutmeg

Mix corn meal, salt, and cold water, pour into boiling water and boil 15 minutes. Remove from the fire and add milk, beaten egg, molasses, and apples, which have been washed, pared, and sliced. Pour into a greased baking dish, sprinkle cinnamon over the top and bake 1 hour in a moderate oven.

NEW ENGLAND PUDDING WITH CARAMEL SAUCE

1 cup raisins	2 eggs
1 cup boiling water	¼ cup sugar
2 cups milk	¼ teaspoon nutmeg

Cook the raisins in the boiling water allowing all water to finally cook away. Beat eggs, add sugar, milk and raisins. Pour into a greased baking dish, sprinkle with nutmeg and set baking dish in a pan of water and bake in a moderate oven 45 minutes to 1 hour or until it is firm. Serve with Caramel Sauce.

CARAMEL SAUCE

1 cup sugar
1 cup boiling water

Cook sugar in a frying pan, stirring constantly, until melted and a light brown in color. Add boiling water and allow to cook over a low fire for 10 minutes. Cool slightly before serving with hot pudding.

BARLEY PUDDING

3 cups hot milk
¼ cup barley meal
½ cup molasses
¼ teaspoon salt
¼ cup brown sugar
½ teaspoon ginger

Cook barley meal with milk in double boiler 30 minutes. Add other ingredients, pour into greased baking dish and bake in a moderate oven 1 hour. Serve with Caramel or Brown Sugar Sauce.

DATE PUDDING WITH BROWN SUGAR SIRUP

3 cups hot milk
¼ cup white corn meal
1 tablespoon butter
½ cup sugar
½ teaspoon cinnamon
½ cup chopped dates
2 eggs

Cook the corn meal with hot milk in double boiler 10 minutes. Cool slightly and add all other ingredients, mix thoroughly and bake in a slow oven 1 hour or until firm. Serve with Brown Sugar Sirup.

BROWN SUGAR SIRUP

¾ cup brown sugar
2 tablespoons cornstarch
1½ cups boiling water
1 teaspoon vanilla

Mix sugar and cornstarch, add boiling water slowly, stirring constantly and boil 15 minutes. Cool slightly, add vanilla and serve.

COLD PUDDINGS

COLD PUDDINGS

CARAMEL CHARLOTTE RUSSE

1 tablespoon gelatin
½ cup cold water
2 egg yolks
2 tablespoons sugar
¼ teaspoon salt
½ cup sugar
¼ cup boiling water
2 egg whites
½ cup whipping cream
½ cup chopped nuts

Soak gelatin in cold water. Beat egg yolks with two tablespoons sugar and the salt. Melt ⅔ cup sugar in the frying pan and when golden brown sirup has formed, add boiling water, cook for 1 minute, cool, pour into egg mixture and cook over boiling water until mixture is thick; pour onto softened gelatin and stir until gelatin dissolves and set aside to partially cool. Add the unbeaten egg whites to the cream and beat until very light. Fold into the slightly cooled mixture, add nuts, pour into mold or serving dish and chill.

BLACKBERRY PUDDING

1 quart canned blackberries
4 tablespoons corn starch
¼ cup cold water

Mix corn starch and cold water, add to blackberries which have been heated and bring to the boiling point, stirring constantly. Boil 15 minutes or cook in double boiler 40 minutes. Cool slightly, pour into serving dish, chill and serve with cream and sugar.

JENNY LIND CUSTARD

1 tablespoon granulated gelatin
¼ cup cold water
1½ cups boiling water
1 egg white
¼ teaspoon salt
¼ cup brown sugar
1 egg yolk
½ teaspoon vanilla

Soak gelatin in cold water and when soft add boiling water, salt and sugar, pour onto egg yolk and cook 2 minutes in double boiler. Remove from fire, cool, add vanilla and fold in stiffly beaten egg white, pour into a mold and chill.

JELLIED PEACHES WITH RICE

1 quart can peaches
2 tablespoons fat
½ cup brown sugar
1 cup cooked rice
Hot fruit juice from canned peaches
2 tablespoons granulated gelatin
¼ cup cold water

Drain and slice peaches, and line a mold or serving dish with the slices. Melt the fat, add sugar and stir over a very low fire until the sugar is melted. Heat the juice from peaches and add sugar mixture, cook over hot water till thoroughly mixed, pour onto gelatin which has been softened in the cold water, add rice, pour into mold or serving dish and chill.

If desired, fresh peaches may be used instead of canned peaches, in which case add juice of 1 lemon with the rice.

CARAMEL NUT PUDDING

1 cup sugar
2 cups boiling water
⅓ cup brown sugar
¼ cup cornstarch
½ cup cold water
1 cup chopped nuts

Caramelize 1 cup sugar by melting it in a frying pan until a golden brown sirup is formed. Add boiling water and put in a double boiler. Mix sugar, cornstarch and water until smooth and add slowly to caramel mixture, stirring until it thickens. Cook 45 minutes, add nuts, cool slightly, pour into serving dish, chill and serve with plain or whipped cream.

CRANBERRY BAVARIAN CREAM

2 cups cranberries
1 cup sugar
½ cup water
1 tablespoon gelatin
¼ cup cold water
1 cup cream, whipped

Soak gelatin in cold water. Wash cranberries, cook slowly with water and sugar until soft and press through a strainer or colander. Bring to the boiling point and pour onto softened gelatin. Set aside in a cool place till slightly thickened. Fold in whipped cream, pour into serving dish and set in cold place until firm.

GRAPE JUICE CREAM

1 tablespoon gelatin
¼ cup cold water
1 cup boiling water
½ cup sugar
1 cup cream, whipped
1 cup grape juice

Soak gelatin in cold water, add boiling water and stir until gelatin is dissolved. Add grape juice and sugar. Set aside and when the mixture begins to thicken fold in the whipped cream, pour into mold or serving dish and chill.

COFFEE JELLY

1 envelope or
2 tablespoons gelatin
½ cup cold water
1 cup boiling water
1½ cups strong coffee
⅓ cup sugar
Juice of ½ lemon

Soak gelatin in cold water 10 minutes. Pour on boiling water and stir until gelatin is dissolved. Add sugar, coffee, and lemon, pour in mold or serving dish and set aside in a cool place from 4 to 6 hours or until firm. Serve with whipped cream.

CREAM RICE PUDDING

2½ cups milk
¼ cup cooked rice
2 egg yolks
½ cup sugar
⅛ teaspoon salt
½ teaspoon vanilla
2 stiffly beaten egg whites
2 tablespoons sugar

Cook the rice with milk for 3 minutes in double boiler. Remove from fire and cool slightly. Beat egg yolks with sugar and salt and add to cooled rice and milk. Return to double boiler and cook until egg thickens the mixture. Remove from fire, cool, and add vanilla and fold in one half the stiffly beaten egg whites which have been mixed with 2 tablespoons sugar. Pour into serving dish and spread with remainder of egg whites. Chill and serve.

CHOCOLATE PUDDING

⅓ cup sugar
¼ cup cornstarch
⅛ teaspoon salt
½ cup cold milk
2½ cups hot milk
2 squares Baker's chocolate
½ teaspoon vanilla

Mix sugar, salt, cornstarch and cold milk to smooth consistency. Add chocolate to hot milk in double boiler and when chocolate has melted add cornstarch mixture. Stir until pudding thickens and then cook for 45 minutes, stirring occasionally. Cool slightly, add vanilla, pour into serving dish, chill, and serve with cream.

SAGO PUDDING WITH JAM

½ cup sago
2½ cups hot milk
2 egg yolks
½ cup brown sugar
1 tablespoon butter
2 stiffly beaten egg whites
2 tablespoons sugar
Raspberry or strawberry jam

Cook sago with hot milk in double boiler until sago is soft. Remove from the fire and cool; then add well-beaten egg yolks, brown sugar, and butter. Pour into a greased baking dish and bake in a slow oven 1 hour. Remove from the oven, spread jam over pudding, then spread with egg whites which have been stiffly beaten and mixed with sugar. Return to hot

oven and brown the meringue. Serve hot or cold.

RICE PUDDING

- 1½ cups steamed or boiled rice
- ½ cup raisins
- ⅛ teaspoon salt
- ½ cup sugar
- ¼ teaspoon cinnamon
- 1 egg
- 3 cups milk

Wash raisins and mix with rice, add salt, sugar, and cinnamon. Pour into a greased baking dish, pour over beaten egg and milk, and bake in a slow oven 45 minutes. Serve hot or cold.

TAPIOCA PUDDING

- 2½ cups milk
- ¼ cup minute tapioca
- 2 egg yolks
- ¼ cup sugar
- ⅛ teaspoon salt
- ¼ teaspoon vanilla
- 2 egg whites
- 2 tablespoons powdered sugar
- Jelly

Cook milk with tapioca in a double boiler until tapioca is transparent. Add sugar and

salt to egg yolks and pour hot tapioca mixture into egg mixture, return to double boiler and cook 2 minutes or until yolks have thickened mixture. Set aside to cool.

Beat egg whites until very stiff, and add sugar. When custard has cooled add vanilla and pour into a serving dish. Spread meringue over the top and dot with bits of jelly.

LEMON CAKE CUSTARD

- 1 cup sugar
- 1 tablespoon cornstarch
- ⅛ teaspoon salt
- 3 egg yolks
- 1 cup hot water
- Juice and grated rind of 2 lemons
- 3 stiffly beaten egg whites

Mix sugar, salt and cornstarch and add slowly to the egg yolks, add hot water, lemon juice and rind and fold in stiffly beaten egg whites. Bake 45 minutes to 1 hour in a slow oven until firm like a custard. When served a delicate cake should have formed over the top.

OLD ENGLISH PUDDING WITH LEMON SAUCE

1 cup prunes
2 cups cold water
1 cup boiling water
½ cup sugar
¼ cup cornstarch
⅛ teaspoon cinnamon
¼ cup cold water

Soak prunes over night in cold water and in the morning cook slowly until soft in same water. Remove stones and press prunes through a colander or strainer, add liquid in which they were cooked and boiling water. Mix sugar, cornstarch, cinnamon and cold water and slowly add to the hot mixture stirring constantly. Cook in double boiler 30 minutes, pour into mold or serving dish and chill. Serve with Lemon Sauce.

LEMON SAUCE

1 cup sugar
1 tablespoon cornstarch
1½ cups boiling water
Juice and grated rind of 1 lemon

Mix sugar and cornstarch, add boiling water slowly, stirring constantly. Boil 15 minutes, add lemon juice and chill.

DELICATE PUDDING WITH YELLOW SAUCE

- 2½ cups hot water
- 4 tablespoons cornstarch
- ½ cup sugar
- ⅛ teaspoon salt
- ½ cup cold water
- 1 tablespoon lemon juice
- 1 stiffly beaten egg white

Mix cornstarch, sugar, salt and cold water and slowly pour into hot water, stirring constantly, and bring to the boiling point; put in double boiler and cook for 30 minutes, stirring occasionally. Remove from the fire, add lemon juice, cool slightly, and pour onto stiffly beaten egg white, beat until smooth and pour into serving dish or mold. Chill and serve with Yellow Sauce.

YELLOW SAUCE

- 1 cup hot milk
- 1 egg yolk
- ¼ cup sugar
- ½ teaspoon vanilla

Mix sugar and egg yolk, add hot milk and cook in double boiler until of the consistency of cream. Cool and add vanilla.

DATE NUT PUDDING

1 cup chopped dates
1 cup chopped nuts
2 egg yolks
½ cup sugar
1 teaspoon baking powder
2 stiffly beaten egg whites

Mix sugar and baking powder and add to egg yolks; then add nuts and dates and fold in stiffly beaten egg whites. Spread in a shallow greased pan and bake in a slow oven 45 minutes. Serve with whipped cream or vanilla ice cream.

FROZEN DESSERTS

FROZEN DESSERTS

GINGER ICE

½ cup crystallized ginger
¾ cup sugar
3 cups boiling water
½ cup orange juice
¼ cup lemon juice

Chop ginger very fine and cook with sugar and boiling water 15 minutes. Cool, add orange and lemon juice and freeze.

FROZEN APRICOTS

2 cups dried or
4 cups fresh apricots
3 cups cold water
1½ cups sugar

Soak the apricots in cold water over night and the next day cook in same water till tender; add sugar, rub through a colander or strainer and freeze.

Canned apricots may be used if desired.

ORANGE ICE

1½ cups sugar
3 cups water
1 cup orange juice
Grated rind from 2 oranges
¼ cup lemon juice

Cook sugar and water for 20 minutes, cool, add orange juice and rind, and lemon juice and freeze.

GRAPE JUICE ICE

2 cups grape juice
1½ cups hot water
½ cup sugar
¼ cup lemon juice

Add sugar to hot water and boil for 10 minutes. Cool, add grape juice and lemon juice and freeze.

MINT AND GINGER ALE ICE

2 cups sugar
1 cup water
1 large sprig mint
Juice from 3 lemons
2 cups ginger ale

Cook sugar, water and mint for 5 minutes. Cool, remove mint sprigs, add lemon juice and ginger ale and freeze.

FROZEN PEACHES

6 large peaches
2 cups sugar
2 cups boiling water
Juice of 1 lemon

Pour boiling water on peaches, allow to stand 1 minute, drain and peel, and cut into pieces. Crack the stones from 3, remove kernels and cook with sugar and water for 5 minutes. Strain, cool, add peaches, lemon juice and freeze.

PRUNE ICE CREAM

2 cups dried prunes
3 cups cold water
¾ cup sugar
1 cup cream, whipped

Soak prunes over night in cold water, boil in same liquid until tender, remove stones, put prunes back in liquid in which they were cooked, add sugar and rub through strainer

or colander. Cool, fold in whipped cream and freeze.

CARAMEL NUT ICE CREAM

½ cup sugar
½ cup boiling water
2 cups hot milk
1 cup sugar
2 tablespoons cornstarch
1 cup cold milk
1 cup chopped nuts

Melt ½ cup sugar in frying pan and when of sirupy consistency and golden brown color add boiling water and boil slowly for 5 minutes. Add to hot milk. Mix sugar and cornstarch with cold milk, slowly add to hot mixture, stirring constantly, and cook in double boiler 30 minutes. Cool, add nuts, and freeze.

PLUM PUDDING ICE CREAM

2 cups sugar
1 cup water
2 cups marshmallows
1 cup chopped nuts
1 cup finely chopped raisins

Cook sugar and water until it spins a thread, and slowly pour on marshmallows, beating

constantly. Cool, add nuts and raisins and freeze.

CHOCOLATE ICE CREAM

2½ cups hot milk
3 squares chocolate
1 cup sugar
⅛ teaspoon salt
1 egg
1 cup cream
½ teaspoon vanilla

Melt chocolate in milk in double boiler, add salt and sugar, slowly stirring until sugar dissolves; then beat with a Dover egg beater until chocolate is thoroughly mixed with liquid. Pour onto well-beaten egg, return to double boiler and cook until egg thickens mixture, about 3 minutes. Cool, add cream and vanilla and freeze.

FROZEN CHOCOLATE PUDDING

2 tablespoons corn-starch
1 cup sugar
¼ teaspoon salt
1 cup cold water
2 squares chocolate
2½ cups hot milk

Mix cornstarch, sugar, salt and cold water. Melt chocolate in hot milk in double boiler, slowly adding cornstarch mixture; stir until it thickens and cook for 30 minutes. Cool and freeze.

VANILLA ICE CREAM WITH HOT CHOCOLATE SAUCE

1 pint can evaporated milk
1 cup lukewarm water
1 cup sugar
1 junket tablet
¼ cup cold water
½ cup thin cream
1 teaspoon vanilla

Dissolve junket tablet in cold water. Scald freezer can, put milk, warm water, vanilla and sugar into it and stir until sugar dissolves. Add the dissolved junket tablet. Set in a warm (not hot) place until it becomes set, add cream and freeze.

HOT CHOCOLATE SAUCE

2 squares chocolate
1 cup hot water
1 cup sugar

Melt chocolate in double boiler, add hot water and sugar and cook until of the consistency of cream.

STRAWBERRY ICE CREAM

2 cups strawberries
1½ cups sugar
¼ teaspoon peppermint extract
2 cups cream

Wash and hull berries, add sugar and cook slowly for 3 minutes, press through a colander or strainer and cool. Add cream and peppermint and freeze.

FROZEN RICE PUDDING

½ cup rice
4 cups boiling water
¼ teaspoon salt
2½ cups hot milk
1 egg
1 cup sugar
½ teaspoon vanilla
1 cup cream, whipped

Wash rice and cook in boiling salted water until tender. Drain, add milk and sugar and pour onto beaten egg. Cook in double boiler until egg thickens, about 3 minutes. Cool, add vanilla and whipped cream and freeze.

MEATLESS RECIPES

SOUPS

SOUPS

The soups classified as vegetable soups, chowders, and heavy soups may be served as the main dish for luncheons, the usual accompaniment being a salad or sandwiches.

The thin soups are better suited to a first course for a meal where meat or a meat substitute is employed.

Wherever milk is required vegetable stock or water may be substituted if desired, in which case the food value is lowered.

VEGETABLE SOUPS

CREAM OF LETTUCE SOUP

Outside leaves of 2 heads lettuce, or one whole head
3 cups boiling water
1 slice onion
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
2 cups milk

Wash lettuce, remove discolored portions with scissors, cut into pieces, cook with onion in boiling water about 20 minutes, or till tender; pour through strainer or colander, rubbing soft part of lettuce through. This should make at least 2½ cups of stock; if not, add hot water to make that amount.

Melt the fat in a saucepan, add the flour, salt, and pepper, and when mixed remove from the fire, add the strained lettuce stock and milk; return to the fire and stir constantly until it boils. Serve at once.

PEAPOD SOUP

Pods from one quart or 1 to 1½ lbs. peas
3 cups boiling water
1 slice onion
1 small sprig mint
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
2 cups milk

Wash the pods, break them in pieces and cook with onion and mint in boiling water about 15 minutes or till tender; pour into

strainer or colander and rub the soft part through. This should make at least 2½ cups stock; if not, add hot water to make that amount.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire and add milk and strained stock. Bring to the boiling point, stirring constantly. Serve immediately.

Leftover cooked peas rubbed through a colander or strainer may be added if desired.

CREAM OF LEEK SOUP

3 medium sized potatoes
3 stalks of leeks
3 cups boiling water
2 teaspoons salt
2 tablespoons fat
3 tablespoons flour
¼ teaspoon pepper
1½ cups hot milk
¼ teaspoon nutmeg

Wash and pare potatoes and cut in small pieces, slice leeks very thin and cook in the boiling salted water until potatoes are very soft. Press through a strainer or colander, measure, and if necessary add hot water to make 1½ cups.

Melt fat, add flour, remove from the fire and add hot stock and milk; return to fire, bring to boiling point, stirring frequently, add nutmeg and serve.

CREAM OF CHEESE AND TOMATO SOUP

2 cups tomatoes	3 tablespoons flour
1 tablespoon sugar	1½ teaspoons salt
1 slice onion	⅛ teaspoon pepper
⅛ teaspoon soda	2 cups milk
2 tablespoons fat	½ cup grated cheese

Cook tomatoes, sugar, and onion till soft, rub through a strainer and add soda.

Melt fat, add flour, salt and pepper, remove from fire and add milk; return to fire and bring to boiling point.

When ready to serve remove white sauce from fire, add cheese, and beat vigorously till cheese is melted; then very slowly add the *hot* tomato, stirring constantly.

Serve at once.

BLACK BEAN SOUP

1 cup black beans
1 quart cold water
1 onion
1½ teaspoons salt
⅛ teaspoon pepper
¼ teaspoon mustard
2 tablespoons fat
2 tablespoons flour
Juice of 1 lemon

Soak beans over night in cold water. In the morning add sliced onion and salt and cook slowly until beans are very soft adding more water if necessary. Rub through a strainer, measure, and add enough hot water to make 3 cups.

Melt fat, add flour, pepper and mustard, remove from fire and add bean stock, bring to boiling point, add lemon and serve.

Beans may be cooked in the fireless cooker.

BEET SOUP

2 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
⅛ teaspoon pepper
3 cups water
4 medium sized cooked beets
2 lemons

Melt fat, add flour, salt and pepper and cook until brown, remove from fire, add water, return to fire and bring to the boiling point, stirring constantly; add beets chopped very fine, boil slowly for 3 minutes after they are added. Squeeze juice from 1 lemon and add to soup. Slice the other lemon very thin and put a slice or two in each serving of the soup.

CELERY SOUP

Outside stalks and leaves from 1 head celery
3 cups boiling water
1 slice onion
1 small piece mace
2 tablespoons fat
3 tablespoons flour
1½ teaspoons salt
¼ teaspoon pepper
2 cups milk

Wash celery, cut or split into pieces, and cook with onion and mace in boiling water 30 minutes or till tender; pour into strainer or colander, rubbing soft part through. This should make at least 2½ cups of stock; if not, add hot water to make that amount.

Melt the fat in a saucepan, add flour, salt

and pepper, and when thoroughly mixed remove from fire and add milk and strained stock. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

If desired, one small head celery may be used instead of outside stalk and leaves. The mace may be omitted, in which case use 2 teaspoons salt instead of 1½ teaspoons.

CORN SOUP

1 can corn
4 cups boiling water
1 slice onion
2 tablespoons fat
2 tablespoons flour
2 teaspoons salt
1 teaspoon sugar
½ teaspoon pepper
2 cups milk

Cook the corn in the boiling water with onion for 40 minutes. This should be cooked slowly and stirred frequently. Pour through colander or strainer, rubbing the soft part through. This should make at least 2½ cups; if not, add hot water to make that amount.

Melt fat in a saucepan, add flour, salt, sugar, and pepper, and when mixed remove from the fire; add milk and strained corn, return to the fire, and bring to the boiling point, stirring constantly. Serve at once.

If fresh corn is used, cut and scrape the kernels from 6 medium sized ears of cooked corn, add only 3 cups boiling water, and cook with onion for 20 instead of 40 minutes and then strain.

POTATO SOUP

2 large potatoes or
3 medium sized
4 cups boiling water
1 slice onion
1 stalk celery
2 tablespoons fat
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper
3 cups milk
1 tablespoon finely chopped parsley

Wash, pare, and cut potatoes into small pieces. Cook in boiling water with onion and celery until potatoes are tender. Drain, remove celery stalk and mash the potatoes, beating them until they are smooth and creamy.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, add milk and mashed potato and bring to the boiling point over the fire. Add the parsley and serve.

Any leftover mashed potato may be used if desired. Use 1 to 1½ cups.

GARDEN SOUP

4 green onions
6 lettuce leaves
3 tomatoes
1 stalk celery
4 cups boiling water
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper

Wash vegetables, and cut in pieces, cook in boiling water 20 minutes. Pour through strainer or colander, rubbing soft parts of vegetables through.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, and add strained vegetable stock. Return to fire and bring to boiling point, stirring constantly. Serve at once.

Other vegetables, such as peas, beans, or car-

rots, may be used if desired. They should be cooked longer than 20 minutes if necessary to make them tender.

CHOWDERS

CLAM CHOWDER

- 2 cups or
- 1 small can clams
- 2½ cups boiling water
- 1 medium sized cooked potato
- 3 tablespoons fat
- 3 tablespoons flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 tablespoon chopped onion
- 2 cups milk
- 1 tablespoon chopped parsley
- 1 tablespoon Worcestershire sauce

Chop the clams and cook with liquor and boiling water for 10 minutes; add potato which has been diced.

Melt the fat in a saucepan, add onion and cook until onion turns yellow, add flour, salt, pepper, remove from fire, add milk and liquid containing clams and potato. Return to fire and bring to the boiling point, stirring constantly. Add the parsley and Worcestershire sauce. Serve immediately.

To make fish chowder, use any leftover fish instead of the clams, adding ½ cup boiling water to take place of clam liquor.

VEGETABLE CHOWDER

2 potatoes
3 carrots
2 tomatoes
1 stalk celery
1 onion
2 cups boiling water
2 tablespoons fat
3 tablespoons flour
2 teaspoons salt
3 cups milk
½ teaspoon pepper

Wash, pare, and cut up potatoes, carrots, onions, and tomatoes, cutting potatoes and carrots into small dice and chopping onions fine. Cook all together in boiling water with stalk of celery until potatoes and carrots are tender. Remove celery stalk.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from fire and add milk and vegetables with stock. Return to the fire and bring to the boiling point, stirring constantly. Serve at once.

Any cold leftover cooked vegetables may be used if desired, in which case add diced vegetables and 1 cup boiling water with milk.

OYSTER STEW

1 cup oysters
1 cup boiling water
1 slice onion
1½ teaspoons salt
¼ teaspoon pepper
4 cups hot milk

Cook oysters, boiling water and onion until oysters are plump and the edges curl. Remove the onion, add hot milk, salt, and pepper, and serve immediately.

A sprinkling of nutmeg over each serving of soup adds greatly to the flavor.

THIN SOUPS

TOMATO SOUP

1 can tomatoes (pint)
1 small onion
½ bay leaf
1 tablespoon sugar
2 cloves
2 cups boiling water
1 tablespoon fat
1 tablespoon flour
2 teaspoons salt
¼ teaspoon pepper

Cook tomatoes, chopped onion, bay leaf, cloves, and sugar in boiling water for 5 minutes and rub through a strainer or colander. This should make at least 4 cups; if not, add boiling water to make that amount.

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, and add the strained tomato. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

Fresh tomatoes may be used if desired, in which case use 6 tomatoes, wash but do not peel, cut them in pieces and cook in the boiling water with onion, bay leaf, sugar, and cloves until tender.

ONION SOUP

2 Spanish or Bermuda onions
4 cups boiling water
1 tablespoon fat
2 tablespoons flour
2 teaspoons salt
¼ teaspoon pepper

Peel onions under water and cut them in very thin slices. Cook in boiling water until tender.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from the fire and add onions and liquid. Return to the fire and bring to the boiling point, stirring constantly. Serve immediately.

If small green onions are used, cut off the tops and cut onions into quarters, using 10 to 12 young onions.

NOODLE SOUP

½ cup noodles
6 cups boiling water
½ teaspoon chopped onion
2 teaspoons salt
¼ teaspoon pepper
1 tablespoon caramel flavoring

Cook the noodles with onion in boiling water until tender; add the salt, pepper, and caramel. Serve immediately.

If desired rice, macaroni or spaghetti may be used instead of noodles.

To make ½ cup of caramel flavoring, melt ½ cup granulated sugar in a frying pan, stirring constantly. When it has become a brown sirup slowly add ½ cup boiling water and allow to cook slowly for 10 minutes. Use as flavoring for puddings or coloring for soups. It is not practical to make less than ½ cup, and it will keep indefinitely.

CLAM BOUILLON

2 cups or
1 pint or
1 small can of clams
Boiling water
½ bay leaf
1 sprig parsley
1 slice onion
1 teaspoon salt
¼ teaspoon pepper

Chop clams very fine, add clam liquor and enough boiling water to make four cups, cook with bay leaf, onion, and parsley for 10 minutes; strain, dilute if necessary, and serve with or without whipped cream.

HEAVY SOUPS

BAKED BEAN SOUP

1 to 1½ cups baked beans or
1 small can without tomato sauce
4 cups boiling water
1 slice onion
1 tablespoon fat
1 tablespoon flour
1½ teaspoons salt
⅛ teaspoon mustard
¼ teaspoon pepper

Cook the beans with onion in boiling water for 15 minutes; pour through a colander or strainer, rubbing soft part of beans through.

Melt the fat in a saucepan, add flour, salt, pepper, and mustard; when well mixed remove from fire, and add bean mixture. Return to fire, bring to the boiling point and serve.

If a high flavor is desired, 2 tablespoons of Chili sauce or catsup may be added.

CHEESE SOUP

2 tablespoons fat
2 tablespoons flour
1½ teaspoons salt
¼ teaspoon paprika
4 cups milk
1 cup grated cheese

Melt the fat, add flour, salt, and paprika, and when mixed remove from the fire and add milk. Return to the fire and bring to boiling point, stirring constantly. Remove from fire, add grated cheese, beat until cheese is melted, and serve at once.

PEANUT SOUP

½ cup peanut butter
½ cup hot water
1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
4 cups milk

Mix the peanut butter and hot water until smooth. Melt fat in a saucepan, add the flour, salt, and pepper, and when mixed remove from the fire and add the milk. Return to the fire and bring to the boiling point, stirring constantly. Remove from the fire, add the peanut mixture, beat until thoroughly mixed, and serve.

Water may be used instead of milk if desired.

OYSTER BISQUE

- 1½ cups oysters
- 1 cup oyster liquor or water
- 1 slice onion
- 3 cups boiling water
- 1 tablespoon cornstarch
- 1 celery stalk
- ¼ cup cold water
- 1 teaspoon salt
- ¼ teaspoon pepper
- 2 cups hot milk
- 1 stiffly beaten egg white

Cook the oysters and liquor or water for 3 minutes, or until edges curl. Chop the oysters fine and cook with onion and celery in the boiling water for 10 minutes. Pour into colander or strainer, rubbing the soft part through. Mix the cornstarch, salt, and ¼ cup cold water to a smooth paste. Slowly stir it into oyster stock and boil for 5 minutes. Remove from fire and add hot milk and stiffly beaten egg white, beating the mixture thoroughly. Serve immediately.

The oyster stock may be prepared sometime before the serving hour but milk and egg white should not be added until just before serving.

FISH

FISH

In the recipes for the fish loaves, the sauces may be used interchangeably. The combinations given in the recipes, however, are considered to be especially good.

Without exception, the fish recipes may be used as substitutes for meat.

HALIBUT WITH MEXICAN SAUCE

6 slices of halibut
2 tablespoons flour
2 teaspoons salt
1½ cups water
1 teaspoon Worcestershire
2 tablespoons fat

Dredge halibut with flour and salt. Melt fat in baking dish and brown slices of halibut on top of stove. Pour water and Worcestershire over fish and bake in a moderate oven 35

minutes. Then pour Mexican sauce over fish, bake 15 minutes and serve.

MEXICAN SAUCE

- 2 cups tomato
- 1 tablespoon grated onion
- 3 tablespoons flour
- 2 teaspoons salt
- ¼ cup cold water
- 1 chopped green or red pepper

Bring tomatoes and onion to boiling point. Mix flour and salt with cold water and add to tomatoes, stirring constantly; add pepper and pour over fish.

FISH HASH

- 1½ cups boiled rice
- 1 cup flaked fish
- 2 tablespoons fat
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 2 tablespoons tomato catsup or Chili sauce

Mix rice, fish, salt, pepper and catsup or Chili sauce. Melt fat in hot frying pan, spread

mixture evenly and cook over a low fire for 30 minutes.

Fold and serve as an omelet.

SCALLOPED SALMON WITH SAMP

½ cup samp
1 quart cold water
2 teaspoons salt
2 tablespoons fat
3 tablespoons flour
⅛ teaspoon pepper
1 teaspoon salt
2 cups samp stock
1 can salmon
Juice of 1 lemon
1 cup crumbs
1 tablespoon butter

Soak samp overnight in cold water; in the morning add salt and cook till soft, drain, reserving 2 cups of the stock.

Melt fat, add flour, salt and pepper, remove from fire, add stock, return to fire and bring to the boiling point; add samp, salmon which has been flaked and lemon juice. Pour into a shallow greased baking dish, cover with crumbs, dot with bits of the butter and bake 20 minutes in a hot oven.

SARDINE SAVORY

2 boxes sardines
2 tablespoons fat
1 tablespoon grated onion
3 tablespoons flour
1 teaspoon salt
½ teaspoon mustard
1½ cups milk
1 cup crumbs
2 tablespoons butter
Juice of 2 lemons

Cut sardines into pieces, discarding any large bones. Melt fat, add flour, seasonings, and onion, remove from fire and add milk; return to fire, bring to the boiling point and add sardines. Pour into greased ramekins, pour lemon juice over them, cover with crumbs, dot with bits of the butter and brown in a hot oven.

POTTED OYSTERS

3 cups boiled rice
1 pint oysters
1 teaspoon salt
⅛ teaspoon pepper
2 tablespoons tomato catsup
1 hard cooked egg
¼ cup fine crumbs

Line a well greased baking dish with 2 cups of the rice. Cook oysters in liquor until edges curl; chop them, add seasoning, tomato catsup, chopped egg and crumbs and moisten with liquor from oysters. Fill center of rice lined dish with mixture, cover with remainder of rice and pack down firmly. Place cover on baking dish or tie a paper over top, set in a pan of boiling water and steam for 45 minutes.

Turn out onto a platter and surround with tomato sauce.

If dish is thoroughly greased mold will come out whole.

TUNA LOAF WITH TOMATO SAUCE

- 1 tablespoon fat
- 2 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- 1 cup milk
- 1 can tuna
- 1 egg
- 1 tablespoon Worcestershire sauce
- 1 cup crumbs

Melt fat in a saucepan, add flour, salt, and pepper, remove from fire, add milk, return to

fire, and bring to the boiling point. Remove from fire, add tuna which has been flaked, egg, Worcestershire sauce, and crumbs. Stir until thoroughly mixed, pour into a greased pan, and bake 25 minutes or until firm. Serve with tomato sauce.

One cup of leftover cooked fish may be used in place of the tuna.

TOMATO SAUCE

1 can (pint) or	4 cloves
6 fresh tomatoes	2 tablespoons fat
1 slice onion	3 tablespoons flour
½ bay leaf	1 teaspoon salt
2 tablespoons sugar	¼ teaspoon pepper

Cook tomatoes, onion, bay leaf, sugar and cloves till tomatoes are soft. Pour through a strainer or colander, rubbing soft part through; add enough hot water to make 2 cups liquid.

Melt fat in a saucepan, add flour, salt and pepper, and when mixed add the strained to-

mato slowly, stirring constantly. Bring to the boiling point and serve.

SALMON LOAF WITH RELISH SAUCE

1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1 cup hot water
1 can salmon
1 egg
Juice of ½ lemon
1 cup crumbs

Melt fat in a saucepan, add flour, salt and pepper, and when thoroughly mixed add hot water slowly, stirring constantly. Remove from fire, add salmon which has been flaked, egg, lemon juice and crumbs. Stir until thoroughly mixed, pour into a greased pan and bake in a moderate oven 25 minutes or until firm. Serve with relish sauce.

RELISH SAUCE

2 tablespoons fat
3 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
¾ cup hot water
1 cup relish, Chili sauce, or chopped pickle

Melt fat in a saucepan, add flour, salt, and pepper and when well mixed, add water, and relish, Chili sauce or pickle. Bring to the boiling point, stirring constantly, and serve.

If sauce is too thick, hot water may be added to obtain the desired consistency.

JELLIED SALMON LOAF WITH NIPPY SAUCE

1 envelope or
2 tablespoons gelatin
½ cup cold water
2 cups boiling water
1 teaspoon salt
¼ teaspoon pepper
Juice of 1 lemon
1 can salmon
1 cup cooked peas

Add cold water to gelatin, and after allowing to stand 5 minutes to soften, add the boiling water and stir until gelatin has dissolved. Add salt, pepper, and lemon. Pour into a loaf-pan or mold which has been wet in cold water. After mixture begins to thicken, add flaked salmon and peas. Put in a cold place for several hours until firm. Serve cold with nippy sauce.

One cup of cold leftover cooked fish may be used instead of the salmon.

The mold into which the mixture is poured should never be made of tin.

NIPPY SAUCE

½ cup whipping cream
2 tablespoons horseradish
½ teaspoon salt
¼ teaspoon paprika
1 tablespoon vinegar

Beat the cream until stiff, add horseradish, salt, pepper and vinegar very slowly so that mixture does not curdle. This sauce should be served immediately after making.

RICE CROQUETTES WITH FISH SAUCE

½ cup rice
6 cups boiling water
2 teaspoons salt
¼ teaspoon pepper
¼ cup rice stock
1 teaspoon chopped onion
1 egg
1 cup crumbs

Wash the rice and cook in the boiling salted water until thoroughly done. Drain, reserving enough rice stock for croquettes and sauce. Add pepper, stock and onion to the rice and spread on a platter to cool.

Prepare crumbs which should be very fine. Beat the egg and add 2 tablespoons water mixing thoroughly. When rice mixture has cooled, mold into croquettes, roll them first in crumbs, then in egg, and again in crumbs. Fry in deep fat, and drain on brown paper. Serve with fish sauce.

Croquettes may be browned in the frying pan instead of in deep fat, if desired.

FISH SAUCE

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
½ to 1 cup flaked fish
¼ teaspoon pepper
1½ cups rice stock
1 tablespoon chopped canned pimentos

Melt fat, add flour, salt and pepper, and when mixed remove from fire and add rice

stock. Return to fire, and bring to boiling point, stirring constantly. Add pimentos and fish, and serve at once.

A strong flavored fish is desirable for the sauce. If codfish is used, omit the salt.

FISH CROQUETTES WITH CHEESE SAUCE

3 tablespoons fat
4 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1 cup milk
1 teaspoon chopped onion
1 egg
1 tablespoon chopped-pickle relish, or Chili sauce
1 can or
1 cup cooked fish
1 egg
1 cup crumbs

Melt fat, add flour, salt, and pepper, remove from fire, and add milk; return to fire and bring to boiling point, stirring constantly. Pour onto well-beaten egg and cook in a double boiler for 1 minute. Remove from fire and add onions, pickle, and fish. Mix thoroughly, and spread on a platter to cool.

Prepare fine crumbs and beat egg with 2 tablespoons water.

When mixture has cooled, mold into croquettes and roll first in crumbs, then in egg, and again in crumbs. Fry in deep fat, and drain on brown paper. Serve with cheese sauce.

CHEESE SAUCE

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk
1 cup grated cheese

Melt fat, add flour, salt and pepper, remove from fire and add milk; return to fire and bring to boiling point, stirring constantly. Remove from fire and add cheese, beat thoroughly, until cheese melts, and serve immediately.

STEAMED FISH WITH EGG SAUCE

6 slices fish or 1 piece fish about 1¼ lbs.
1½ teaspoons salt

Wash the fish and sprinkle with salt. Wrap in a piece of clean cheese cloth and place in a steamer or in a strainer or colander over a pan of boiling water. Cover, and allow to steam 30 to 45 minutes, or until flesh will separate from bone. Serve with egg sauce.

EGG SAUCE

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
2 cups hot water
Juice of ½ lemon or
1 tablespoon vinegar
1 or 2 hard cooked eggs

Melt fat, add flour, salt, and pepper; when mixed remove from fire and add hot water, return to fire, and bring to the boiling point. Add lemon or vinegar, and hard cooked eggs which have been chopped.

If desired, the egg white may be chopped and added to the sauce and the yolk pressed through a strainer and sprinkled over each serving.

FISH PIE

2 cups or 1 lb. cooked fish
2 cups mashed potato
1 tablespoon melted butter
1 teaspoon salt
¼ teaspoon pepper
½ cup milk
1 teaspoon chopped onion
2 eggs

Add the salt, pepper, butter, milk, and onions to the mashed potato and beat until smooth and creamy; then add fish which has been flaked, and the well-beaten eggs. Pour into a greased baking dish and bake in a moderate oven 25 minutes.

This is an excellent way to use leftover fish.

CREAMED FISH AND POTATOES Á LA CAPE COD

3 tablespoons fat
4 tablespoons flour
¼ teaspoon pepper
2 cups milk
1 cup cold diced potatoes
1 cup flaked cooked codfish

Melt fat in a saucepan, add flour, salt and pepper, remove from fire, add milk, return to the fire, and bring to the boiling point. Add potatoes and codfish, mix thoroughly, and serve at once.

CREAMED FISH FLAKES

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk
1 can fish flakes
1 tablespoon Worcestershire sauce

Place fish flakes in cold water, bring to the boiling point and drain.

Melt fat, add flour, salt, and pepper, remove from fire, add milk, return to fire and bring to the boiling point stirring constantly. Add fish flakes and Worcestershire sauce. Serve at once.

Any leftover cooked fish may be used and if desired this may be served on rounds of toast.

FISH CAKES

- 1½ cups mashed potato
- 1½ cups cooked fish
- ¼ cup milk
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- 1 egg

Add milk, salt, pepper, and Worcestershire sauce to potato and beat until smooth. Add flaked fish and beaten egg, mix thoroughly and mold into flat cakes. Dredge with flour and pan broil in a frying pan in which 2 tablespoons of fat have been melted. Turn frequently until they are evenly browned on both sides, and serve at once.

The egg may be omitted, in which case use ½ cup of milk.

FISH SOUFFLÉ

- 1 tablespoon fat
- 2 tablespoons flour
- 1½ teaspoons salt
- ¼ teaspoon pepper
- 1 cup milk
- 1 can tuna or salmon
- 1 tablespoon Worcestershire sauce
- 2 egg yolks
- 2 stiffly beaten egg whites

Melt fat, add flour, salt and pepper, remove from fire and add milk; return to the fire, bring to the boiling point, stirring constantly and add flaked fish and Worcestershire sauce. Pour onto the beaten egg yolks and set aside to cool while beating whites. Fold in the stiffly beaten whites and bake in a slow oven 30 minutes, or until firm.

One to 1½ cups of leftover cooked fish may be used in place of salmon or tuna.

Use only ½ teaspoon of salt if salt fish is used.

CREAMED TUNA WITH GREEN PEPPERS

2 green peppers
3 tablespoons fat
4 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
2 cups milk
1 can tuna

Wash peppers, remove seeds, cut in small pieces and cook in 2 cups of boiling water for 5 minutes.

Melt fat, add flour, salt and pepper; when mixed remove from the fire and add milk. Return to the fire and bring to the boiling point, stirring constantly. Add flaked tuna and peppers which have been drained. Half a can of pimentos may be used instead of the peppers.

SCALLOPED OYSTERS

4 cups or 1 qt. oysters
2 cups crumbs
1½ teaspoons salt
2 tablespoons butter
¼ teaspoon pepper
¼ cup tomato catsup or Chili sauce
1 cup oyster liquor and water

Arrange oysters and crumbs in layers in a greased baking dish, having top layer of crumbs; sprinkle salt and pepper over layers of oysters and dot crumbs with bits of butter. Add catsup to water and pour it over all. Bake in a moderate oven 45 minutes to an hour, or until oysters are thoroughly cooked and crumbs on top are brown.

SPANISH MACKEREL

1 Spanish mackerel (1½ lbs.)
1 can or 1½ cups stewed tomatoes
1 teaspoon salt
1 tablespoon chopped onion
¼ teaspoon pepper
1 tablespoon melted butter

Place mackerel in a greased baking dish, sprinkle with salt and pepper. Add onion and butter to tomato, pour over the fish and bake in a hot oven 40 minutes to 1 hour, basting frequently. If tomato cooks away, add ½ cup hot water. Serve with tomato poured around fish.

SCALLOPED CODFISH

2 cups flaked codfish
1½ cups crumbs
¼ teaspoon pepper
2 cups milk
2 tablespoons flour
2 tablespoons butter

Soak fish overnight in cold water. Drain, and pick into pieces in a pan of water to prevent odor on fingers. Cover with fresh cold water, bring to the boiling point and drain.

Arrange fish and 1 cup of the crumbs in layers in a greased baking dish, sprinkle salt, pepper, and flour over it, pour on the milk, put remainder of crumbs on top and dot with bits of butter. Bake 1 hour in a moderate oven.

FISH PILAF WITH SPANISH SAUCE

1 cup rice
2 qts. or
8 cups boiling water
2 teaspoons salt
1 cup cooked fish
1 cup fine crumbs
1 tablespoon Worcestershire sauce
¾ cup rice stock
¼ teaspoon pepper

Cook the rice in boiling salted water until thoroughly done. Drain, reserving the rice stock. Line a greased baking dish with part of the rice.

Mix the fish, crumbs, Worcestershire sauce, pepper and rice stock and pack into center of dish. Cover with remainder of rice, packing it down to make a firm mold. Tie a paper over the top.

Set in a steamer or on several thicknesses of paper in a pan of boiling water and steam for 30 minutes. Serve with Spanish Sauce.

SPANISH SAUCE

- 2 tablespoons fat
- 3 tablespoons flour
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 cup stewed tomatoes
- 1 cup rice stock
- 1 tablespoon chopped onion
- 1 tablespoon chopped pimentos

Melt fat, add flour, salt and pepper, remove from fire, add tomato and water, return to fire and bring to the boiling point, stirring constantly; add onion and pimento.

Turn mold onto platter and pour sauce around it.

VEGETABLES

VEGETABLES

The vegetable recipes may be used as the main dish for luncheon or supper.

SCALLOPED EGG PLANT

1 medium sized egg plant
8 cups cold water
2 teaspoons salt
¼ teaspoon pepper
1½ cups crumbs
1 tablespoon butter

Pare egg plant, cut into slices, and place in cold salted water; bring to the boiling point, and cook until tender. Drain, and place in layers in greased baking dish, sprinkling each layer with seasonings and then crumbs. Dot crumbs with bits of butter. Bake in a moderate oven about 30 minutes or until crumbs are brown.

FRIED EGG PLANT

1 medium sized egg plant
1 tablespoon salt
¼ teaspoon pepper
1½ cups fine crumbs
1 egg
3 tablespoons fat

Pare egg plant, cut into thin slices, sprinkle each slice with salt, arrange in a pile on a dish and put a weight, or some heavy object, on top. Allow to stand from 2 to 4 hours, and pour off all liquid that is pressed out.

Mix crumbs and pepper, and beat the egg with 2 tablespoons of cold water. Roll each slice first in crumbs, then in egg, and again in crumbs. Pan broil in a hot frying pan in which the fat has been melted. Turn frequently until egg plant is tender and browned on both sides.

CORN RAREBIT

1 pint canned corn
½ can pimentos
2 teaspoons salt
⅛ teaspoon pepper
1 cup grated cheese
6 slices bread

Cook the corn, pimentos, and seasoning slowly for 15 minutes. Toast the bread on

one side and arrange on platter with the toasted side up.

Remove corn from fire, add cheese, beat vigorously till melted, pour over toast and serve.

VEGETABLE MULLIGAN

1 small head cabbage
2 tablespoons fat
1 onion
2 teaspoons salt
¼ teaspoon pepper
1 pint tomatoes

Soak cabbage in cold salted water 10 minutes. Drain and shred. Melt fat in pan, add chopped onion and cook till onion is yellow, add cabbage, salt, and pepper and cook very slowly 20 minutes, uncovered stirring frequently. Add tomatoes, cook 10 minutes and serve.

ITALIAN STRING BEANS

1 quart canned string beans
1 cup water
2 tablespoons fat
1 onion
1 green pepper
2 teaspoons salt
⅛ teaspoon pepper
1 pint tomatoes

Drain beans, wash in cold water and drain again. Melt fat, add chopped onion and pepper and cook till onion is yellow. Add beans and water, cover and cook until water is almost cooked away. Add seasonings and tomatoes, cover, cook 15 minutes and serve.

TOMATO AND CAULIFLOWER

1 pint tomatoes
1 small onion
1 bay leaf
2 cloves
2 teaspoons salt
¼ teaspoon pepper
½ cup grated cheese
3 egg yolks
1 tablespoon Worcestershire sauce
3 egg whites

Break cauliflower in pieces and arrange in greased baking dish. Cook tomatoes, onion, bay leaf and cloves together and rub through a colander or strainer. Add cheese and beat until it melts; add seasonings and egg yolks, fold in stiffly beaten egg whites, pour over the cauliflower and bake 40 minutes in a moderate oven.

SCALLOPED ASPARAGUS

1 can asparagus
1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1½ cups milk
¼ cup grated cheese
1 cup soft crumbs

Melt fat, add flour and seasonings, remove from fire, add milk, bring to boiling point; again remove from fire, add cheese and beat until cheese is melted.

Drain asparagus and arrange in a buttered baking dish, pour sauce over it, put crumbs on top and bake in oven till crumbs are crisp and brown.

SPINACH SOUFFLÉ

1 pint can spinach
1 tablespoon fat
2 tablespoons flour
⅛ teaspoon nutmeg
1 teaspoon salt
⅛ teaspoon pepper
1 cup milk
3 egg yolks
¼ cup grated cheese
3 egg whites

Chop spinach very fine. Melt fat, add flour, and seasonings, remove from fire and add milk;

return to fire and bring to the boiling point, add spinach, well-beaten egg yolks and cheese, and fold in stiffly beaten egg whites. Pour into a greased baking dish and bake in a slow oven 45 minutes. If desired, canned tomatoes may be used instead of spinach and 1 cup water used in white sauce instead of the milk. The tomatoes should be brought to the boiling point and beaten until no large pieces are left.

FRIED GREEN TOMATOES

6 or 8 green tomatoes	1½ cups fine crumbs
1½ teaspoons salt	1 egg
¼ teaspoon pepper	3 tablespoons fat

Wash tomatoes and cut into slices ¼ inch thick. Sprinkle with salt and pepper.

Beat egg with 2 tablespoons water, until thoroughly mixed. Roll slices of tomato in crumbs, then in egg, and again in crumbs. Melt fat in a frying pan and pan broil slices of tomato until they are tender and brown on both sides.

FRIED RIPE TOMATOES WITH GRAVY

4 tomatoes
3 tablespoons flour
2 tablespoons sugar
1½ teaspoons salt
¼ teaspoon pepper
3 tablespoons fat
1½ cups milk
¼ cup flour
¼ cup cold water

Peel tomatoes, and cut into thick slices, mix 3 tablespoons flour, the sugar, salt and pepper, and sprinkle over both sides of sliced tomatoes. Melt the fat in a frying pan and pan broil the slices of tomato until they are tender and flour has browned.

Put tomatoes in a hot vegetable dish and set in a warm place.

Mix the water and flour to a smooth consistency. Pour the milk into the fat remaining in frying pan and slowly add flour and water mixture, stirring constantly until the gravy boils.

Pour over the fried tomatoes and serve at once.

SCALLOPED TOMATOES

1 can (pint) or
8 fresh tomatoes
1½ cups crumbs
1½ teaspoons salt
4 tablespoons sugar
¼ teaspoon pepper
1 tablespoon Worcestershire sauce
1 tablespoon butter

If fresh tomatoes are used cover with boiling water, allow to stand 1 minute, peel and slice. Arrange the tomatoes in a greased baking dish, sprinkle each layer with seasonings and crumbs, dotting with bits of butter. Sprinkle Worcestershire sauce over the top and bake 45 minutes to 1 hour, or until tomatoes are very tender and crumbs on top are brown.

If canned tomatoes are too thin, drain off 1 cup of liquid. Bake only ½ hour.

TOMATOES WITH CHEESE

6 tomatoes
2 tablespoons sugar
1½ teaspoons salt
¼ teaspoon pepper
1 cup grated cheese
Paprika

Scald, peel, and slice tomatoes. Place on broiler and sprinkle with sugar, salt, and pepper which have been mixed. Then sprinkle with cheese and paprika and cook under gas flame until tomatoes are tender and cheese is brown.

SMOTHERED TOMATOES

6 medium sized tomatoes
1½ teaspoons salt
1 tablespoon butter
¼ teaspoon pepper
1 tablespoon sugar
1 cup soft bread crumbs

Pour boiling water over tomatoes, allow to stand 1 minute, drain and peel. Place in a greased baking dish, mix salt, pepper and sugar and sprinkle over tomatoes. Spread crumbs over the top, dotting with bits of butter. Cover and bake in a moderate oven till tomatoes are soft. If baking dish has no cover invert another pan of same size over the one containing the tomatoes.

TURNIPS OR CARROTS WITH LEMON BUTTER SAUCE

2 bunches turnips or carrots
8 cups boiling water
2 teaspoons salt
2 tablespoons butter
¼ teaspoon paprika
Juice of ½ lemon

Wash vegetables and scrape or pare, cut into cubes or slices, cook in boiling, salted water until tender, and drain.

Cream the butter, add paprika, and pour on lemon juice; add to carrots or turnips, mix thoroughly and serve.

If desired 1 tablespoon of vinegar may be used instead of the lemon juice.

CREAMED ONIONS

6 medium sized onions or
1 to 1½ lbs.
4½ quarts boiling water
1½ teaspoons salt
3 tablespoons fat
4 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
2½ cups milk

Peel onions under cold water, boil 4½ quarts water (18 cups), cook the onions in 1½ quarts (6 cups) of the boiling water for 5 minutes; drain, and add 1½ quarts more of the boiling water and cook 10 minutes; drain, add remainder of boiling water, and 1½ teaspoons salt; cook until onions are tender and drain.

Melt fat in a saucepan, add flour, salt, and pepper; when mixed remove from fire and add milk. Return to fire, bring to the boiling point, stirring constantly, add onions, and serve.

BUTTERED BEETS

2 bunches medium sized beets
8 cups boiling water
2 tablespoons butter
1 teaspoon salt
¼ teaspoon pepper
3 tablespoons vinegar or juice of 1 lemon

Wash beets, leaving on 2 inches of tops, and cook whole in boiling salted water until tender. Drain, add cold water, rub skin off with the hands, and slice.

Cream the butter, add salt, pepper, vinegar, or lemon juice and the sliced beets.

These may be served cold if desired.

CABBAGE AU GRATIN

1 small head cabbage	½ teaspoon salt
8 cups boiling water	¼ teaspoon pepper
1½ teaspoons salt	2 cups milk
2 tablespoons fat	½ cup crumbs
3 tablespoons flour	1 tablespoon butter

Soak head of cabbage in cold salted water for 15 minutes to draw out any bugs or foreign matter, drain, and slice. Cook uncovered in the boiling salted water until tender, and drain.

Melt fat in a saucepan, add flour, salt and pepper, and when mixed, remove from fire, add milk, return to fire and bring to boiling point, stirring constantly. Add cabbage and pour into greased baking dish. Spread crumbs on top, and dot with bits of butter. Bake in a moderate oven until crumbs are brown.

SWISS CHARD WITH EGGS

2 lbs. or 2 pecks Swiss chard
2 teaspoons salt
8 cups boiling water
1 tablespoon butter
1 tablespoon flour
¼ teaspoon pepper
Sprinkling of nutmeg
1 or 2 hard cooked eggs

Look over and wash chard. Cook in boiling salted water 20 minutes, drain and chop.

Melt butter in a saucepan, add flour, pepper and nutmeg and when mixed, add chopped chard and cook for 1 minute. Garnish each serving with a slice of hard cooked egg.

CAULIFLOWER WITH CHEESE

1 medium sized cauliflower
8 cups boiling water
1½ teaspoons salt
2 tablespoons fat
3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1½ cups milk
1 cup grated cheese
Paprika

Cover cauliflower with cold salted water and allow to stand 30 minutes to draw out bugs or

foreign matter, drain, and cook in boiling salted water until tender, drain, and place in a greased baking dish.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from fire and add milk; return to fire, and bring to the boiling point, stirring constantly. Pour over cauliflower, and sprinkle with the grated cheese and paprika. Place in a hot oven for 10 minutes, or until cheese has melted, and cauliflower is hot.

SCALLOPED SQUASH

1½ lbs. or 6 medium sized summer squashes
8 cups boiling water
2 tablespoons butter
2 teaspoons salt
2 cups crumbs
1 egg
¼ teaspoon pepper
½ teaspoon salt

Wash squash, cut in quarters, slice, and cook in boiling salted water until tender. Drain and mash; add salt, pepper, 1 tablespoon butter, 1½ cups crumbs, and well-beaten egg.

Pour into a greased baking dish, spread remainder of crumbs over the top and dot with remainder of butter. Bake in a moderate oven 45 minutes. This is an excellent way to use leftover squash.

Summer squash need not be pared or the seeds removed.

SPINACH À LA CREOLE

½ peck spinach
2 teaspoons salt
2 tablespoons butter
¼ teaspoon pepper
¼ cup vinegar

Look over and wash spinach, discarding thick stems. Cook in a covered kettle 15 minutes or until tender. Unless spinach is old, no water should be added as enough will cling to leaves from washing. Do not drain or valuable mineral salts will be lost. When spinach is tender add butter, salt, pepper, and vinegar.

This may be served hot, or, if desired, it may be served cold with salad dressing.

FRICASSEE OF POTATOES AND ONIONS

6 small onions
6 medium sized potatoes
1 cup boiling water
1 cup milk
1 teaspoon salt
¼ teaspoon pepper
¼ cup flour
1 tablespoon butter

Peel onions under water, scrape or pare potatoes, and cut into quarters. Place in a greased baking dish, sprinkle with salt, pepper, and flour, and dot with bits of butter. Pour over milk and water and bake in a moderate oven for 1 hour or until vegetables are tender.

SCALLOPED POTATOES

6 to 8 medium sized potatoes
¼ cup flour
1½ teaspoons salt
¼ teaspoon pepper
2 cups milk
1 tablespoon butter

Wash and pare or scrape potatoes. Slice very thin, arrange in layers in a greased baking dish and sprinkle each layer with the flour,

salt, and pepper which have been mixed. Pour milk over it, dot with bits of butter, and bake in a moderate oven 45 minutes or until potatoes are tender.

VEGETABLE HASH

1 cup cooked carrots, turnips or string beans
2 cups cooked potatoes or rice
1 teaspoon salt
1 teaspoon chopped onion
¼ teaspoon pepper
½ cup hot water
3 tablespoons fat

Chop carrots and potatoes very fine and add onions, salt, pepper, and hot water.

Melt fat in a hot frying pan and spread mixture in it. Cook over a moderate fire ½ hour or until a crust is formed. Do not stir and if necessary add more fat. When a brown crust is formed over the bottom, fold over like an omelet and serve.

If desired the mixture may be formed into flat cakes and pan broiled in the frying pan.

VEGETABLE SOUFFLÉ

1 cup cooked diced vegetables
2 tablespoons fat
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1 cup milk
1 tablespoon Worcestershire sauce
3 egg yolks
3 stiffly beaten egg whites

Melt fat, add flour, salt, and pepper; when mixed remove from fire and add milk, return to fire and bring to the boiling point, stirring constantly. Add Worcestershire sauce and pour on the beaten egg yolks; add vegetables, and fold in stiffly beaten egg whites. Pour into greased baking dish and bake in a moderate oven 25 minutes.

GREEN PEAS WITH MINT

2 lbs. or 1½ qts. fresh peas
1 sprig mint
1½ teaspoons salt
1 cup boiling water
1 tablespoon butter
¼ teaspoon pepper

Cook the peas with mint slowly in a covered saucepan in the boiling salted water until peas are tender and water has completely cooked away. Remove mint, add butter, salt, and pepper, and serve.

One can peas may be used instead of the fresh peas.

CORN PUDDING

1 can corn	4 tablespoons sugar
1 teaspoon salt	1½ cups hot milk
¼ teaspoon pepper	2 eggs

Add salt, pepper, sugar, hot milk, and well-beaten eggs to the corn, pour into a greased baking dish, set the baking dish in a pan of water, and bake in a moderate oven 1 hour, or until firm.

The water around the baking dish should not boil or pudding will curdle.

Corn scraped from 6 ears of cooked green corn may be used instead of canned corn, if desired.

SCALLOPED CORN

1 can corn
1 cup milk
1 teaspoon salt
¼ teaspoon pepper
4 tablespoons sugar
1½ cups crumbs
1 tablespoon butter

Mix corn, milk, salt, pepper, and sugar. Arrange in layers in a greased baking dish, sprinkle each layer with crumbs, dotting with bits of butter.

Bake 45 minutes in a hot oven.

MEAT SUBSTITUTES

MEAT SUBSTITUTES

The meat substitutes are all that the name implies. Although the sauces given in the recipes may be used interchangeably, the combination given is considered to be a pleasing one.

If rice, noodles or macaroni is used, no starchy vegetable should be served with it.

PEANUT LOAF WITH CREAM SAUCE

1 cup chopped peanuts or
½ cup peanut butter
1½ teaspoons salt
2 cups mashed potatoes
½ cup milk
2 eggs
¼ teaspoon pepper

Mix peanuts, potato, salt, and pepper; add milk and well-beaten eggs. Stir until thoroughly mixed, pour into a greased baking dish

and bake in a moderate oven 30 minutes or until firm. Serve with Cream Sauce.

CREAM SAUCE

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk
1 teaspoon chopped parsley
1 teaspoon chopped onion

Melt fat, add flour, salt, and pepper; when mixed remove from fire and add milk. Return to fire and bring to the boiling point, stirring constantly. Add parsley and onion and serve.

The parsley and onion may be omitted if desired.

BEAN AND NUT LOAF

1 cup baked beans
1 cup crumbs
1 teaspoon salt
1 teaspoon grated onion
¼ teaspoon pepper
½ cup peanut butter
1 tablespoon flour
¼ cup hot milk or water
½ cup of chopped walnuts

Mash beans and mix with crumbs, nuts, seasoning and onion. Cream the peanut butter and flour together and gradually add hot liquid; mix with bean mixture and shape in a loaf.

Place in greased baking pan, pour 1 cup water around loaf and bake 40 minutes in a moderate oven.

Serve with Italian Sauce.

ITALIAN SAUCE

3 tablespoons fat
5 tablespoons flour
1 teaspoon salt
⅛ teaspoon pepper
1¾ cups warm water
1 tablespoon grated onion
1 tablespoon chopped pimentos
Juice of 1 lemon

Melt fat, add flour, salt and pepper and cook until brown. Remove from fire and add water; return to fire, bring to boiling point stirring constantly and add onion, pimentos and lemon.

HOMINY NUT LOAF WITH BROWN PEPPER SAUCE

- 1½ cups cooked hominy
- ½ cup chopped walnuts
- 1 cup fine crumbs
- ⅛ teaspoon nutmeg
- 1 tablespoon grated onion
- 2 teaspoons salt
- ¼ teaspoon pepper
- 1 egg

Mix hominy, nuts, crumbs, and seasonings, add beaten egg and pour into greased baking dish. Bake 30 minutes or until firm. Serve with Brown Pepper Sauce.

BROWN PEPPER SAUCE

- 2 tablespoons fat
- 4 tablespoons flour
- 1 teaspoon salt
- ⅛ teaspoon pepper
- ½ Chili pepper
- 1½ cups water
- 1 small onion
- 1 tablespoon Worcestershire sauce

Melt fat, add flour, salt and pepper and cook until brown, remove from fire, add water, return to fire and bring to boiling point stirring

constantly. Add onion and pepper which have been finely chopped. Cook over a low fire 5 minutes before serving.

LIBERTY LOAF WITH McADOO SAUCE

½ cup rice
8 cups boiling water
2 teaspoons salt
1½ cups rice stock or hot water
1 cup chopped walnuts or pecans
1 cup crumbs
1 tablespoon Worcestershire sauce
1 cup grated cheese

Wash and cook rice in boiling salted water until tender. Drain, reserving rice stock for loaf and sauce. Mix rice, cheese, nuts, and crumbs; add stock and Worcestershire sauce, mix thoroughly, pour into a greased pan and bake in a moderate oven 30 minutes or until firm. Serve with McAdoo Sauce.

McADOO SAUCE

2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups rice stock or hot water
½ cup chopped pimentos

Melt fat, add flour, salt, and pepper; when mixed remove from fire and add rice stock. Return to fire and bring to the boiling point, stirring constantly. Add pimentos and serve.

CHEESE AND NUT PATTIES

1 cup grated cheese
1 cup fine bread crumbs
½ cup finely chopped walnuts
2 tablespoons fat
⅛ teaspoon pepper
2 teaspoons chopped onion
Juice of 1 lemon
1 teaspoon salt

Mix all dry ingredients and add lemon juice and enough water to hold mixture together. Form into flat cakes and brown in a frying pan in which fat has been melted. Serve with tomato catsup or Chili sauce.

NAVY LOAF WITH GUNNER SAUCE

1 medium sized can or 2 cups cold baked beans
1 cup crumbs
1 teaspoon salt
¼ teaspoon pepper
¼ cup tomato catsup or Chili sauce
1 egg
1 tablespoon finely chopped onion

Mix beans, crumbs, salt and pepper; add well-beaten egg, catsup, and onion. Mix thoroughly, pour into a greased pan and bake in a moderate oven 30 minutes. Serve with Gunner Sauce.

GUNNER SAUCE

2 tablespoons fat
1 teaspoon mustard (dry)
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk

Melt fat, add flour, mustard, salt, and pepper; when mixed remove from fire and add milk. Return to the fire and bring to the boiling point, stirring constantly.

MACARONI LOAF WITH CHEESE SAUCE

1½ cups macaroni
8 cups boiling water
1 teaspoon salt
1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1 cup macaroni stock or strained tomato or ½ stock and ½ tomato
1 egg
1 cup crumbs
1 tablespoon Worcestershire sauce

Cook macaroni in boiling salted water until tender. Drain, reserving stock for loaf and sauce, and rinse macaroni in cold water.

Melt fat in a saucepan, add flour, salt, and pepper, and when mixed remove from the fire and add stock or tomato. Return to the fire and bring to the boiling point, stirring constantly. Remove from fire and add Worcestershire sauce, macaroni, egg, and crumbs. Pour into a greased baking dish and bake in a moderate oven 30 minutes or until firm. Serve with Cheese Sauce.

CHEESE SAUCE

2 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
1½ cups macaroni stock
1 cup grated cheese

Mix flour, salt, and paprika, and add stock very slowly, stirring to keep mixture smooth. If mixture becomes lumpy, beat with a Dover egg beater. Bring to the boiling point and boil for 1 minute. Remove from fire, add grated

cheese and beat until cheese is melted. Serve at once. One-half cup of chopped pimento may be added if desired.

STUFFED PEPPERS WITH BROWN SAUCE

6 small or
3 large peppers
2 cups cooked rice
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon finely chopped onion
¾ cup rice stock or hot water
1 cup fine crumbs

Wash peppers, cut off stems and remove seeds. If large peppers are used, cut them in half crosswise; if small ones, remove a slice from the stem end. Cover the peppers with boiling water, boil 5 minutes, and drain. Mix rice, onion, seasonings, and hot water, and fill peppers. Sprinkle tops with crumbs and set in a greased baking dish; pour hot water to the depth of ½ inch around the peppers and bake in a moderate oven for 45 minutes or until peppers are tender and crumbs are brown. Serve with Brown Sauce.

BROWN SAUCE

3 tablespoons fat
5 tablespoons flour
1½ teaspoons salt
2 cups hot rice stock or water
¼ teaspoon pepper
1 teaspoon Worcestershire sauce
2 tablespoons chopped parsley

Melt fat in a saucepan, add flour, salt, and pepper and stir mixture until it is brown. Add the hot liquid, slowly stirring constantly and bring to the boiling point. Add Worcestershire sauce and parsley and serve at once.

RICE À LA CREOLE

¾ cup rice
8 cups boiling water
1½ teaspoons salt
2 tablespoons fat
3 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1½ cups rice stock
1 small can pimentos, chopped
½ cup fine crumbs

Wash rice and cook in boiling salted water until tender, and drain, reserving 1½ cups of

stock. Melt the fat in a saucepan, add flour, salt, and pepper; when mixed, remove from fire, add rice stock, return to fire and stir constantly until it reaches the boiling point. Remove from the fire, add the rice and chopped pimentos and mix thoroughly. Pour into a greased baking dish, sprinkle crumbs over the top and bake in a hot oven 5 minutes, or until the crumbs are brown. Serve immediately.

CREAM OF CHEESE TOAST

6 slices toast
1 tablespoon fat
2 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
1½ cups milk
1 cup grated cheese

Toast slices of bread on one side and keep hot while making sauce. Melt fat, add flour, salt, and pepper and when mixed remove from the fire and add the milk; return to the fire and bring to the boiling point, stirring constantly. Remove from fire, add cheese, and beat until cheese is thoroughly melted. Arrange toast on

platter or plates with untoasted side up, pour cheese sauce over it, sprinkle with paprika and serve immediately.

CHEESE PUDDING

6 slices stale bread
1 cup grated cheese
1 teaspoon salt
1 egg
¼ teaspoon pepper
¼ teaspoon mustard
1½ cups milk
Paprika

Cut slices of bread in quarters, arrange in layers in a greased baking dish, sprinkle each layer with part of cheese and seasonings which have been mixed. Beat egg until light, add milk, and pour over bread. Sprinkle with paprika. Allow to stand 5 minutes and then bake 25 minutes in a moderate oven, or until firm. Serve at once.

CHEESE SOUFFLÉ

1 cup hot milk
1 cup crumbs
1 cup grated cheese
1 teaspoon salt
¼ teaspoon paprika
3 egg yolks
3 stiffly beaten egg whites

Add the crumbs, cheese, salt, paprika, and egg yolks to the hot milk. When they are thoroughly mixed fold in the stiffly beaten egg whites. Pour into a greased baking dish and bake in a moderate oven 25 minutes or until firm.

RICE WITH TOMATO AND CHEESE

¾ cup rice
8 cups boiling water
1½ teaspoons salt
1 tablespoon fat
2 tablespoons flour
½ teaspoon salt
¼ teaspoon pepper
1 cup strained tomato
½ cup rice stock
1 cup grated cheese
½ cup fine crumbs

Wash rice and cook in boiling salted water until tender, and drain, reserving ½ cup of the stock. Melt the fat in a saucepan, add flour, salt, and pepper, remove from the fire and add strained tomato and stock; return to the fire and bring to the boiling point, stirring constantly. Remove from the fire, add rice and

cheese and mix thoroughly. Pour into a buttered baking dish, sprinkle crumbs over the top, bake in a hot oven 5 minutes, or until crumbs are brown. Serve immediately.

NOODLES WITH CHEESE

2 cups noodles
8 cups boiling water
2 teaspoons salt
1 cup grated cheese
1½ cups noodle stock
½ cup milk
¼ teaspoon pepper

Cook the noodles in boiling salted water 20 minutes, or until tender; drain, reserving 1½ cups stock. Arrange the noodles in layers in a greased baking dish, sprinkle each layer with cheese, add pepper, and pour the stock and milk over it. Bake in a moderate oven 30 to 45 minutes or until liquid has cooked away and noodles are brown on top.

Spaghetti or macaroni may be used instead of noodles, if desired.

CHILI BEANS

2 cups pink beans
1 teaspoon salt
½ teaspoon soda
2 cups stewed tomato
1 small onion, finely chopped
1 teaspoon salt
¼ teaspoon pepper
2 tablespoons Chili powder or 2 chopped Chili peppers
2 tablespoons brown sugar

Wash the beans, cover with cold water and allow to stand over night. Drain, cover with boiling water, add salt and soda and boil for 2 hours, adding more boiling water as necessary. Drain and add tomato, salt, pepper, onions, and Chili powder or peppers. Pour into a bean pot or greased baking dish, and sprinkle sugar over the top. Cover, and bake for 2 hours in a slow oven, then increase the heat and bake for 1 hour without cover.

These may be served hot or cold.

If liquid cooks away too rapidly, hot water may be added as necessary.

BEAN POLENTA

2 cups white beans
1 teaspoon salt
½ teaspoon soda
2 tablespoons molasses
¼ teaspoon pepper
½ teaspoon dry mustard
2 tablespoons vinegar
2 tablespoons tomato catsup or Chili sauce
1 teaspoon salt

Wash beans, cover with cold water, and soak over night. Drain, cover with boiling water, add salt and soda and boil slowly for 3 hours, adding more boiling water as necessary. Drain, and press through a colander or coarse strainer; add molasses, mustard, salt, pepper, and catsup or Chili sauce, and reheat, stirring constantly. Serve hot.

Leftover polenta may be made into flat cakes rolled first in crumbs, then in egg, and again in crumbs, and pan broiled. If desired these may be served with tomato sauce.

JELLIED EGGS

3 hard cooked eggs
1 envelope or
2 tablespoons gelatin
¼ cup cold water
2 cups stewed tomatoes
1 slice onion
2 cloves
½ bay leaf
1 tablespoon sugar
2 teaspoons salt
¼ teaspoon pepper
½ cup chopped pimentos

Cut the eggs in thin slices. Soak the gelatin in cold water. Add the onion, cloves, and bay leaf to the tomato and bring to the boiling point, rub through a strainer and measure, adding enough hot water to make 2 cups of liquid. Bring to the boiling point again and pour over gelatin mixture. Add sugar, salt and pepper, and stir until dissolved. Set aside and when mixture begins to thicken add sliced eggs and pimentos and pour into a mold which has been dipped in cold water. Set in a cold place for 3 or 4 hours or until firm. Turn out on serving dish and serve cold.

TOMATO CROQUETTES WITH PEPPER SAUCE

2 cups mashed potatoes or cooked rice
½ cup stewed tomatoes
1 tablespoon chopped onion
1 cup coarse crumbs
1 teaspoon salt
¼ teaspoon pepper
1½ cups fine crumbs
1 egg

Mix potatoes or rice with tomatoes, coarse crumbs, onion, pepper, and salt. Beat the egg with 2 tablespoons cold water. Shape the mixture into croquettes, roll first in crumbs, then in egg, and again in crumbs, fry in deep fat and drain on brown paper. Serve with Pepper Sauce.

PEPPER SAUCE

2 finely chopped green peppers
3 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
¼ cup cold water
1½ cups rice or vegetable stock or water
Juice of ½ lemon

Cover peppers with boiling water and allow to stand 5 minutes; drain, remove seeds and chop. Heat the stock or water. Mix flour, salt, and paprika, and slowly add cold water to make a smooth mixture. Add this slowly to the heated stock, stirring constantly. Bring to the boiling point, add peppers and lemon and serve.

MOCK CRAB

3 slices stale bread
2 tablespoons fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon dry mustard
Few grains cayenne pepper
1½ cups milk
1 teaspoon Worcestershire sauce
2 eggs

Cut the bread into ½ inch squares as if for croutons. Melt fat, add flour, salt, mustard, pepper and cayenne; when mixed remove from fire and add milk. Return to the fire and bring to the boiling point, stirring constantly. Add Worcestershire sauce and cool slightly; add

well-beaten eggs, pour into a greased baking dish, spread squares of bread over the top and bake in a moderate oven until croutons are brown and mixture is firm.

NUT CROQUETTES WITH CHEESE SAUCE

2 cups mashed potatoes or rice
1 cup chopped nuts
2 egg yolks
¼ cup milk
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon nutmeg
2 egg whites
1½ cups fine crumbs

Mix potatoes or rice with nuts, egg yolks, milk, salt, pepper and nutmeg. Beat the egg whites with 2 tablespoons cold water. Shape the mixture into croquettes and roll first in crumbs, then egg whites and again in crumbs. Fry in deep fat and drain on brown paper.

CHEESE SAUCE

1 teaspoon salt
¼ teaspoon pepper
2 tablespoons flour
¼ cup cold water
¼ teaspoon dry mustard
1¼ cups milk
1 cup grated cheese

Mix salt, pepper, flour and mustard and add cold water slowly to form a smooth mixture. Heat the milk, add the flour mixture slowly and bring to the boiling point, stirring constantly. Remove from fire and add grated cheese; beat until cheese is melted and serve immediately.

BAKED BEAN CROQUETTES WITH HORSERADISH SAUCE

- 2 cups cold baked beans
- 1 teaspoon finely chopped onion
- 2 tablespoons tomato catsup or Chili sauce
- 1 teaspoon salt
- ¼ teaspoon pepper
- 1 egg
- 1½ cups fine crumbs

Mash the beans, add onion, catsup, or Chili sauce, salt, and pepper. Mix thoroughly, and if beans are very dry, moisten with a little vinegar. Beat egg with 2 tablespoons of cold water. Shape the mixture into croquettes, roll first in crumbs, then in egg, and again in crumbs. Fry in deep fat, and drain on heavy paper. Serve with Horseradish Sauce.

HORSERADISH SAUCE

3 tablespoons flour
1 teaspoon salt
¼ cup weak vinegar
1¼ cups water
¼ cup grated horseradish

Mix flour, salt and vinegar to a smooth consistency. Heat the water and slowly add the flour mixture, stirring constantly until it reaches the boiling point. Add horseradish and serve.

SPANISH OMELET

1 tablespoon butter
1 tablespoon chopped onion
1 can tomatoes (1 pt.)
1½ teaspoons salt
1 tablespoon cornstarch
2 tablespoons cold water
4 eggs
6 slices toasted bread

Melt butter, add onion and cook until onion is yellow; add tomato, salt, and the cornstarch which has been mixed with cold water. Cook

for 5 minutes, add beaten eggs; cook until mixture reaches the consistency of scrambled eggs. Serve on toast or crisp crackers.

TOMATOES SUFFRAGETTE

6 medium sized tomatoes
1 tablespoon finely chopped onion
1 teaspoon salt
¼ teaspoon pepper
6 eggs
½ cup grated cheese

Wash tomatoes but do not peel. Cut a slice from the stem end of each and hollow out center of tomato, being careful not to break the skin. Arrange the tomatoes in a greased baking dish. Sprinkle the insides of the tomatoes with the onion and one-half the salt and pepper. Break eggs one at a time into a saucer and put one egg into center of each tomato. Sprinkle the egg with the rest of salt and pepper and the grated cheese. Pour water to depth of ½ inch around the tomatoes and bake 15 minutes, or till eggs are firm, tomatoes are tender, and cheese is brown.

One tablespoon Worcestershire sauce may be sprinkled over the cheese to make a more highly seasoned dish.

Stem end and tomato removed from centers may be stewed, strained, and used in the preparation of another dish.

BELGIAN CORN FRITTERS

- 1½ cups flour
- 1 tablespoon baking powder
- 1 teaspoon salt
- ¼ cup sugar
- ¾ cup milk
- 2 egg yolks
- Corn scraped from 2 ears cooked green corn
- 1 teaspoon melted fat
- 2 stiffly beaten egg whites

Mix and sift the flour, baking powder, salt, and sugar; add the corn, milk, egg yolks, and melted fat slowly, stirring constantly. Fold in the stiffly beaten egg whites. Cook like pancakes on a hot greased griddle, turning until a golden brown on both sides. A piece of bacon or pork rind may be used for greasing the griddle.

BAKED BEAN FRITTERS

½ cup flour
2 teaspoons baking powder
1 teaspoon salt
1 cup dry bread crumbs
¾ cup milk
1 egg yolk
½ cup cold baked beans, mashed
1 stiffly beaten egg white

Mix flour, baking powder, and salt, add bread crumbs and mix thoroughly. Add milk, egg yolk, and the mashed beans, stirring constantly. Fold in the stiffly beaten egg white. Cook like pancakes on a hot greased griddle, turning until a golden brown on both sides. A piece of bacon or pork rind may be used for greasing the griddle.

SALADS

The thick salad dressings may be used interchangeably with the salads given, and the French dressing, with or without oil, may be used on any of the salads that require the thin salad dressing.

Some of the salads could be used as the main dish for luncheon or supper, if desired.

Stiffly beaten egg whites or ½ cup whipped cream may be folded into mayonnaise or cooked dressings just before they are served. Cooked dressings will keep longer if made with water instead of milk.

MAYONNAISE (*uncooked*)

1 egg yolk
½ teaspoon salt
¼ teaspoon mustard
¼ teaspoon paprika
2 tablespoons vinegar or lemon juice
½ cup olive oil or salad oil
1 teaspoon Worcestershire sauce

Beat the egg yolk until it is light and lemon-colored. Add the oil slowly, beating constantly, alternating with vinegar or lemon juice. When all the oil and acid have been added, put in the seasonings and Worcestershire, mix thoroughly and set in a cold place until ready to serve.

To make mayonnaise that will not curdle, all utensils and ingredients must be thoroughly chilled.

MAYONNAISE (*cooked*)

- 3 tablespoons flour
- ½ teaspoon salt
- ¼ teaspoon mustard
- ¼ teaspoon paprika
- 1 teaspoon sugar
- ½ cup cold water
- 1 egg yolk
- ½ cup olive or salad oil
- 2 tablespoons vinegar or lemon juice

Mix flour, salt, mustard, paprika, and sugar, and add cold water slowly, stirring until smooth. Bring to the boiling point stirring constantly and boil for 2 minutes. This will be very thick. Set aside until cool. When cold add beaten egg yolk and then oil and vinegar

alternately, beating constantly. If desired add 1 teaspoon Worcestershire sauce.

This dressing will never separate or curdle.

THOUSAND ISLAND DRESSING

To mayonnaise add 1 tablespoon each of chopped pimentos, sweet pickle, tomato catsup and Chili sauce.

COOKED SALAD DRESSING (*without egg*)

2 tablespoons fat
4 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
½ teaspoon dry mustard
2 tablespoons sugar
¾ cup milk or water
¼ cup vinegar

Melt fat, add flour, salt, paprika, mustard, and sugar; when mixed, remove from fire and add milk or water. Return to the fire and bring to the boiling point, stirring constantly.

Add the vinegar very slowly to prevent curdling. Chill before serving.

COOKED SALAD DRESSING (*with egg*)

1 tablespoon fat
3 tablespoons flour
1 teaspoon salt
¼ teaspoon paprika
1 tablespoon sugar
½ teaspoon dry mustard
¼ cup water
¼ cup vinegar
1 egg yolk
½ cup hot milk or water

Melt fat, add flour, salt, paprika, sugar, and mustard; when mixed remove from fire, add vinegar and water, return to fire, bring to boiling point, stirring constantly. Set aside to cool.

Add hot milk or water to egg yolk and pour on cooked mixture which has been cooled. Cook over hot water 2 minutes or until egg has thickened. Chill before serving.

If this dressing curdles beat vigorously with a Dover egg beater just before serving.

FRENCH DRESSING

¼ cup sifted powdered sugar
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
4 tablespoons olive or salad oil
2 tablespoons vinegar
1 tablespoon Worcestershire sauce

Measure ingredients into a bowl, beat vigorously just before serving, or, if desired ingredients may be measured into a bottle or cruet and shaken.

CHEESE DRESSING

Add 2 tablespoons of Chili, Roquefort, or grated old English dairy cheese to French dressing.

FRENCH DRESSING WITHOUT OIL

¼ cup sifted powdered sugar
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon paprika
4 tablespoons tomato catsup
2 tablespoons vinegar
1 tablespoon Worcestershire sauce

Use same method as French dressing.

ORANGE AND PRUNE SALAD

4 oranges
12 cooked prunes
6 whole walnut meats
1 head lettuce
Mayonnaise

Cut oranges and prunes in slices and mix with half of the mayonnaise. Line salad bowl with lettuce, add oranges and prunes and put mayonnaise over the top, press whole nut meats into mayonnaise and serve.

ICED TOMATO SALAD

6 medium sized tomatoes
1¼ cups boiling water
2 tablespoons sugar
4 cloves
1 piece bay leaf
1 tablespoon granulated gelatin
¼ cup cold water
2 teaspoons salt
1 Spanish onion, chopped
1 cucumber, chopped
1 green pepper chopped
Lettuce
Mayonnaise

Wash and peel tomatoes. Scoop out centers and cook the tomato which is removed

with the boiling water, sugar, cloves, and bay leaf for 10 minutes. Then rub through a strainer, again bring to boiling point and pour onto gelatin which has been soaked in the cold water. Cool the mixture and when it becomes slightly thickened add the salt, chopped onion, cucumber, and pepper. Fill the centers of tomatoes with the mixture and set in ice-box for 4 hours.

Serve on lettuce with a spoonful of mayonnaise on each tomato.

STUFFED CUCUMBER SALAD

3 medium sized cucumbers	Heart from 1 bunch of celery
1 tablespoon grated onion	½ cup chopped nuts
1 chopped green pepper	Mayonnaise
	Lettuce

Cut cucumbers in half lengthwise and scoop out the inside, leaving just a shell. Chop the cucumber removed from the center, add onion, chopped celery, pepper, nuts, and seasonings,

mix with part of the mayonnaise, refill cucumber shells, put remainder of mayonnaise on the top and serve on lettuce.

EGG AND WATER CRESS SALAD

4 hard cooked eggs
1 bunch water cress
1 tablespoon French mustard
1 teaspoon salt
¼ teaspoon paprika
2 tablespoons chopped pimento
French dressing

Chop eggs very fine, add mustard, salt, paprika, pimentos and French dressing. Beat vigorously until thoroughly mixed. Arrange water cress on plates or in salad bowl and pour mixture over it.

CORONADO SALAD

1 envelope or
2 tablespoons gelatin
½ cup cold water
2 cups boiling water
½ cup sugar
Juice of 2 lemons
3 oranges
½ cup grapes, Malaga, Muscat, or Tokay
½ cup walnuts
Mayonnaise
Lettuce

Soak gelatin in cold water, add boiling water, sugar, and lemon juice, stir until sugar and gelatin dissolve and set aside to thicken. Peel oranges, discard white skin and cut into pieces; wash grapes and cut into halves, removing seeds; cut nuts in small pieces. When mixture begins to thicken add fruit and nuts, pour into a mold which has been dipped in cold water and set in a cool place for 3 or 4 hours or until firm. Serve on lettuce with mayonnaise.

FRUIT SALAD WITH DRESSING

3 tablespoons flour
¼ cup sugar
½ teaspoon salt
½ teaspoon dry mustard
¼ cup vinegar
1 cup fruit juice and water
3 oranges
¼ cup walnuts
1 small can pineapples
Lettuce

Measure the fruit juice which is drained from the can of pineapple and add water to make 1 cup liquid, add vinegar and put over the fire. When it is hot pour onto the flour,

sugar, salt, and mustard which have been mixed. Return to the fire and bring to the boiling point, stirring constantly. Boil for 3 minutes and set aside to cool.

Peel oranges, discarding the white skin and cut pineapple, nuts, and oranges into pieces. Mix with salad dressing which should be thoroughly chilled, and serve on lettuce.

FIJI SALAD

1 envelope or 2 tablespoons of gelatin
½ cup cold water
2 cups boiling water
1½ teaspoons salt
¼ cup sugar
¼ cup vinegar
1 cup shredded cabbage
¼ cup diced celery
½ cup chopped pimento
Mayonnaise
Lettuce

Soak gelatin in cold water, add boiling water, sugar, and salt, stir until dissolved and add vinegar. Set aside in a cold place. When gelatin mixture begins to thicken add cabbage, celery and pimentos, pour into a mold which

has been dipped in cold water, and allow to stand in a cold place for 3 or 4 hours, or until firm. Serve with mayonnaise on lettuce.

WALDORF SALAD

3 medium sized apples
½ cup diced celery
½ cup walnuts
½ teaspoon salt
Cooked salad dressing
Lettuce

Wash, pare, and dice apples, leaving them in cold water to prevent discoloring. Wash and dice celery and cut nuts into pieces. Drain apples, mix salt, celery, and nuts, add dressing and serve on lettuce.

STUFFED DATE SALAD

24 dates
½ cup cream or cottage cheese
½ teaspoon salt
¼ teaspoon paprika
6 walnuts
Mayonnaise or cooked dressing

Wash dates and remove stones. Chop nuts very fine and add with salt and paprika to the cheese, mixing thoroughly. Heap cavities in center of dates with the cheese and nut mixture. Serve dates on lettuce with mayonnaise or cooked dressing.

TOMATO ASPIC

1 envelope or
2 tablespoons gelatin
½ cup cold water
2 cups tomato
2 slices onion
½ a bay leaf
2 cloves
1 small stalk celery
½ cup brown sugar
¼ cup vinegar
1½ teaspoons salt
1 small bottle stuffed green olives
2 hard cooked eggs
Mayonnaise
Lettuce

Soak gelatin in cold water. Bring tomatoes with onion, bay leaf, cloves, celery, and brown sugar to the boiling point, and if fresh tomatoes are used, cook until tender. Rub through a colander or strainer and measure, adding enough hot water to make 2 cups liquid. Re-

turn to fire, bring to the boiling point, and pour onto the softened gelatin; add salt and set aside to cool.

Slice eggs very thin and put eggs and olives in the mold which has been wet with cold water. When mixture containing gelatin has thickened pour over sliced eggs and olives in mold and allow to stand in a cold place for 3 or 4 hours, or until firm.

Serve with mayonnaise on lettuce.

GRAPEFRUIT AND PINEAPPLE SALAD

3 medium sized grapefruit	¼ cup sifted powdered sugar
½ can pineapple	French dressing
1 pimento	Lettuce

Remove the skins from grapefruit, discarding the tough white portions and cutting the grapefruit into pieces. Cut up pineapple, add grapefruit and sugar. Mix with salad dressing, garnish with strips of pimento and serve on lettuce.

POTATO SALAD

3 or 4 medium sized boiled, steamed, or baked potatoes
2 hard cooked eggs
1 small onion
2 stalks celery or
½ teaspoon celery salt
2 tablespoons vinegar
2 tablespoons olive or salad oil
1 teaspoon salt
¼ teaspoon pepper
Cooked salad dressing
Lettuce

Cut potatoes into small pieces, chop eggs, onion and celery and mix all thoroughly. Add vinegar, oil, salt, and pepper which have been mixed, and set aside in a cool place for at least 1 hour. Mix with salad dressing and serve on lettuce.

STUFFED TOMATO SALAD

6 small tomatoes
1 small onion finely chopped
½ cup chopped celery or
½ teaspoon celery salt
¼ cup chopped nuts
6 or 8 ripe olives chopped
1 teaspoon salt
¼ teaspoon pepper
Salad Dressing
Lettuce

Tomatoes should be firm and not too ripe. Wash tomatoes, pour boiling water over them, allow to stand 1 minute, drain and peel. Hollow out centers, cutting the pulp removed into small pieces, and mix with chopped onion, celery, nuts, olives, salt and pepper. Add salad dressing, mix thoroughly, refill tomatoes putting 1 teaspoon of salad dressing on top of each.

Serve on lettuce.

CABBAGE AND GREEN PEPPER SALAD

½ small head of cabbage
3 small green peppers
French dressing
Lettuce

Soak cabbage in cold salted water 5 minutes, drain, and shred. Pour boiling water over peppers and allow to stand 5 minutes, drain, remove seeds and cut peppers into narrow strips. Mix cabbage and peppers, place on lettuce and pour French dressing over it.

SUMMER SALAD

3 medium sized tomatoes
8 radishes
8 green onions
1 cucumber
Lettuce
French dressing

Wash tomatoes, pour boiling water over them, allow to stand 1 minute, drain, peel, and slice. Wash radishes and onions and slice, or if very small, cut in halves. Wash, pare and slice cucumber. Arrange on lettuce, pour over French dressing and serve immediately.

STARS AND STRIPES SALAD

3 cold cooked beets
1 small onion finely chopped
¼ cup chopped nuts
½ cup chopped celery or
1 teaspoon celery salt
6 chopped radishes
2 sliced hard cooked eggs
Lettuce
French dressing

Slice the beets and mix with onion, celery, nuts, radishes and eggs. Arrange on lettuce, pour on French dressing and serve.

SALAD INDEPENDENCE

3 small tomatoes
2 small green peppers
¼ cup chopped celery
½ small can pimentos
Lettuce
French dressing

Wash tomatoes, pour boiling water over them and allow to stand 1 minute, drain, and slice. Pour boiling water over peppers, allow to stand 5 minutes, drain, remove seeds and cut peppers into strips. Chop the pimentos very fine and mix with the celery. Put slices of tomato on the lettuce, sprinkle with celery and pimento mixture, garnish with strips of green pepper, add French dressing and serve.

SAN DIEGO SALAD

1 box sardines
1 small onion finely chopped
½ cup chopped celery
2 small heads lettuce
French dressing

Remove the bones from sardines and cut into small pieces, add celery and onion and mix thoroughly.

Remove coarse outside leaves from lettuce and soak in cold salted water 5 minutes. Cut each head of lettuce into shreds, arrange on serving plate, sprinkle with sardine mixture, pour over French dressing and serve.

ARMY AND NAVY SALAD

1 envelope or
2 tablespoons gelatin
½ cup cold water
1 cup boiling water
1 teaspoon salt
1 cup ginger ale
¼ cup blanched chopped almonds
12 chopped ripe olives
½ small can chopped pimentos
Mayonnaise
Lettuce

Soak gelatin in cold water, add boiling water and salt, and when slightly cooled, add ginger ale. Set aside in a cold place and when mixture begins to thicken add almonds, olives and pimentos. Pour into a mold which has been wet in cold water and set in a cold place for 3 or 4 hours, or until firm.

Serve with mayonnaise on lettuce.

COTTAGE CHEESE SALAD

1 cup cottage cheese
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard
Lettuce
French dressing

Mix cheese, salt, pepper and mustard. Arrange on lettuce and pour French dressing over it.

PEP SALAD

½ cup cottage cheese
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon mustard
1 small onion chopped
¼ cup chopped nuts
1 tablespoon pimentos
2 small green peppers
Lettuce
French dressing

Mix cheese, salt, pepper, mustard, onion, nuts, and pimentos. Pour boiling water over the peppers, allow to stand 5 minutes, drain, and cut into strips.

Arrange salad mixture on lettuce, garnish with strips of pepper, add French dressing, and serve.

STUFFED PEPPER SALAD.

3 medium sized green peppers
1 cup cottage cheese
1 teaspoon salt
¼ teaspoon paprika
Lettuce
French dressing

Mix cheese, salt, and paprika. Cover peppers with boiling water and allow to stand 5 minutes. Cut off stem end, and remove seeds. Fill peppers with the cheese mixture and put in a cold place for at least 1 hour, or until cheese is firm. Cut in ¼ inch slices and arrange on lettuce, pour over French dressing and serve.

CHEESE AND CELERY SALAD

6 stalks celery
½ cup pimento cheese
¼ cup chopped nuts
1 tablespoon tomato catsup
Mayonnaise
Lettuce

Choose large outside stalks of celery, wash and cut in pieces about 3 inches long. Mix

cheese, nuts, and catsup, and if necessary moisten with a little of the mayonnaise. Fill cavities in the celery with cheese mixture and serve with mayonnaise on lettuce.

STUFFED EGG SALAD

6 hard cooked eggs
¼ cup chopped nuts
¼ cup tomato catsup or Chili sauce
Paprika
Mayonnaise or Cooked salad dressing
Lettuce

Cut eggs in halves lengthwise; remove the yolks and mash, mixing with chopped nuts and Chili sauce or catsup. Refill whites, sprinkle with paprika and serve on lettuce with mayonnaise.

FISH SALAD

1½ cups canned or cooked fish
½ cup chopped celery
2 hard cooked eggs
2 tablespoons olive or salad oil
2 tablespoons lemon juice
1 teaspoon salt
¼ teaspoon pepper
Mayonnaise or Cooked salad dressing
Lettuce

Cut the fish in pieces and chop the eggs. Mix fish, celery, and eggs, and add lemon juice, oil, salt, and pepper which have been mixed. Set in a cool place for at least 1 hour. Mix with salad dressing and serve on lettuce.

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